

Winter 2016

HBSANDS

www.hbsands.org

COMMUNITY SERVICES GUIDE

**The official City of Huntington Beach guide to
Parks and Recreation Programs and much more**

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Community Services Department - Enhancing Life In Our Community

**Parks
Make
Life
Better!**



Joel C. Bartlett, MD
Internal Medicine



Lalita Komanapalli, MD
Internal Medicine



Ihong Chen, MD
Internal Medicine



Linda Sanfilippo, PA-C
Family Medicine



Lori DeBold, MD
Pediatrics



Laura K. Sayle, NP
Pediatrics



Nasrin Damoui, MD
Family Medicine



Margaret Zimmerman, MD
Pediatrics

Looking for a doctor?



AWARD
WINNING
MEDICAL
GROUP *

Visit Our New Medical Office at Orange Coast Memorial

Experience friendly, compassionate care with an onsite lab and imaging services and convenient access, including complimentary valet parking and free transportation.** Don't wait until open enrollment to find the doctor you want now.

For more information, visit memorialcare.org/newoffice or call today to make an appointment, 714.861.4770.



18111 Brookhurst Street, Suite 1100, Fountain Valley

* Multi-year recipient of quality awards from Integrated HealthCare Association and California Association of Physician Groups

** Some limitations may apply

How young is too young for recreational sports? The Child Health and Exercise Medicine Program at McMaster University recently published information stating that it is never too young to be active! Studies show that “participating in sport can contribute to children’s overall physical activity level, and may have other benefits such as development of motor and social skills...” The pee-wee youth sports program offered by the City of Huntington Beach is non-competitive, and develops motor skills such as balance and coordination; walking, running, jumping and skipping. In addition, it provides opportunities for social skill development such as cooperation and teamwork. But remember, the City offers programs for all ages and many different interests.....with a focus on life-long-learning and loads of fun! Check out the SANDS for more information!

Janeen Laudenback
Director of Community Services

**Parks
Make
Life
Better!**

CITY COUNCIL

Jill Hardy, *Mayor*
Jim Katapodis, *Mayor Pro Tem*
Dave Sullivan
Barbara Delgleize
Billy O’Connell
Erik Peterson
Mike Posey

COMMUNITY SERVICES COMMISSION

Paul Burkart	J.D Miles
Michael Couey	Roy Miller
Nicolina Cuzzacrea	Jerry Moffatt
Roger Forest	Shay Reardon
Albert Gasparian	Richard Thiel
Bridget Kaub	Norm Westwell
Jay Kreitz	

CITY ADMINISTRATION

Fred A. Wilson, *City Manager*
Ken Domer, *Assistant City Manager*

MISSION STATEMENT

The City of Huntington Beach Community Services Department provides outstanding programs, services and facilities to enhance and enrich the lives of our residents and visitors.

CITY OF
HUNTINGTON BEACH
CALIFORNIA

Surf City USA



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Facilities & Services page 41

Winter Class Registration Begins November 17 at 9 a.m. See Page 3 for information.

www.hbsands.org

Parks Make Life Better!® Photo Contest!

Congratulations to all our Winners! **Winter Sands winner: Tavea Hampton**



Open Space & Passive Recreation Photo Category:

Testimonial: Tavea Hampton

"Ashtyn was born only 4 months ago and is already loving the good ol' HB life. We are blessed to have her grow up in such a wonderful community!"

Look for the next
Parks Make Life Better!®
Winner in the 2016 Spring Sands

For more information email PMLB@surfcity-hb.org or call (714) 960-8895

Hoag Urgent Care Huntington Beach



Conveniently located at the Hoag Health Center.

Allows immediate access for non-life threatening emergencies

- Provides care for children & adults
- Offers onsite x-ray
- Accepts most HMO, PPO, and Medicare insurance plans.
- Open daily with extended hours:
 - 8:00 a.m. – 8:00 p.m. Weekdays
 - 8:00 a.m. – 5:00 p.m. Weekends

Call 714-477-8050 or visit HoagUrgentCare.com
for more information.



CLASS REGISTRATION BEGINS **NOVEMBER 17 AT 9 AM**

REGISTER ONLINE www.hbsands.org

- Save Time
- No Waiting
- Save Postage
- No Stress

Mail, Walk In or Drop Off your registration at any HB Community Services Center

1. Mail-in registration will not be given any priority.
2. Payment by check or money order made payable to the City of Huntington Beach – please include a separate check for each class. \$30 will be charged for returned checks.
3. Payment by credit card – Please complete all payment information on the Registration Form.
4. To receive a class confirmation receipt, simply enclose one self-addressed, stamped envelope.
5. Improperly submitted registration will not be processed.
6. Mail registration to: **City of Huntington Beach, Community Services Department
PO Box 190, Huntington Beach, CA 92648-0190**



WITHDRAWAL AND REFUND POLICY:

Full refunds are available for classes that are cancelled. All other withdrawals are subject to a Six Dollar (\$6.00) processing fee for each class session. Refunds after the start of the program are contingent upon CITY approval and will be assessed a \$6.00 processing fee and will be prorated based on the number of classes held. Credit card transactions will be refunded to the same credit card used for enrollment. Cash or check transactions may receive a refund in the form of a City issued check. Refunds are not available for workshops without a two-day notice, special events, or classes that have concluded, unless approved by Supervisor due to extenuating circumstances.



The City of Huntington Beach Community Services Department intends to comply with the Americans with Disabilities Act. If you require special assistance for participation in our recreation programs please notify staff at the time of registration or call 714-536-5486.

WALK-IN/MAIL-IN CLASS REGISTRATION FORM (PRINT)

PAYEE	*Name:		*Email:	
	*Address:		Billing Address:	
	*City:		*Zip Code:	
	*Home Phone: ()	Work Phone: ()	Cell Phone: ()	
* Required Fields. Email address will only be used for City of Huntington Beach information.				

PARTICIPANT	Activity #	Activity Name	Day	Time	Participant Name	Birth Date	Gender	Fee
	_____ - _____						M F	
	_____ - _____						M F	
	_____ - _____						M F	
	_____ - _____						M F	
Total of Activities Fees \$								
<p>The above named participant has my permission to participate in the activity indicated above. I realize every precaution is taken to eliminate any injuries or hazards and a competent supervisor is present; however, in the event of an injury, I hereby waive, release and hold harmless from any liability for damages or claims for damages for personal injury, including accidental death, as well as from claims for property damage which may arise in connection with the above named activity, against the Supervisor, Community Services Department personnel and the City of Huntington Beach. Registration constitutes permission or the City of Huntington Beach to take and use any photograph of the above named participant and/or legal guardian in any promotion materials without compensation to the above named participant and/or legal guardian of the above name participant for such use.</p>								
Date:			Signed:					

PAYMENT	Cash (walk-in only) :	Check #:	Receipt #:
	<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover # _____		
	Expiration Date _____ / _____ Month Year	Cardholder Signature _____	

New Year's Eve Dance

The Huntington Beach Council on Aging will host their annual New Year's Eve Ballroom Dance on Thursday, December 31, 2015 at the Michael E. Rodgers Seniors' Center from 8p.m. to 12:30a.m. The evening will include live music from P.M. Howard and Friends, drawing prizes, appetizers, hearty dinner, beverages, dessert, the "Grand Countdown Toast," and balloon drop at midnight. Tickets are available for \$40 at the senior center front counter. This event sells out quickly, so get your tickets today!

Michael E. Rodgers Senior's Center is located at 1706 Orange Ave, Huntington Beach.

The HBCOA is a non-profit organization that supports programs and services for Huntington Beach Seniors through the Michael E. Rodgers Seniors' Center and the Huntington Beach Seniors Outreach.

2016



For more information, please call the Michael E. Rodgers Seniors' Center at 714-536-9387.

FRIDAY NIGHT FUNTIME DANCES

The FunTime Dance is a special event for adults with developmental disabilities held on the 3rd Friday of every month at Edison Community Center from 7:30 to 9:30pm. The event is co-sponsored by the City of Huntington Beach, Kiwanis Club, The Sts. Simon & Jude Knights of Columbus and Men's Club. Recreation staff and kind, individual volunteers create a safe, positive environment that allows the participants to have a fun experience dancing the night away to music played by a DJ. Each dance has a different theme and dancers often dress-up accordingly. Additionally, refreshments including donuts, generously donated to the dance by Adams Avenue Donuts, are served. The dance is completely supported by donations from sponsors and a suggested donation of \$2 per dancer. Come out and join in the fun! For more information, call or email Recreation Supervisor John Valinsky 714-960-8870 jvalinsky@surfcity-hb.org



ART

DRAWING FOR LITTLE TOTS

Children ages 4 to 6 learn step-by-step how to create works of art, while developing an awareness of basic shapes, colors, compositions, hand-eye coordination and more. Pre-registration is required. All materials are included. \$15 materials fee due at first class for all new students.

Courtney Oquist

HB Art Center

130106-4A	4-6 yrs	W	4 - 5pm	1/13 - 2/10	\$76/69
130106-4B	4-6 yrs	W	4 - 5pm	2/17 - 3/16	\$76/69

PARENT & ME LITTLE ARTISTS

Make art with your child! Little artists ages 2-3 create a work of art every week using watercolors, tempera, pastels, pencils, acrylic, clay, felt, fabric, and more. Parent/guardian participation is required. Bring an apron or wear old clothes. \$15 materials fee due at first class.

Courtney Oquist

HB Art Center

130104-4A	2-3 yrs	F	10:45 - 11:30am	1/15 - 2/5	\$61/55
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PARENT & TOT ART TIME

Explore a variety of art materials and fire up your child's imagination. Hands-on projects may include painting, drawing, printmaking, clay sculpture and much more! Come and enjoy a special creative time with your little artist. All materials and aprons are provided. \$20 materials fee due at first class.

Lucia Henry

HB Art Center

130107-4A	3-5 yrs	Th	2:30 - 3:15pm	2/18 - 3/17	\$73/66
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PARENT & TOT CLAY TIME

Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. \$20 materials fee due at first class.

Lucia Henry

HB Art Center

130103-4A	3-5 yrs	Th	2:30 - 3:15pm	1/14 - 2/11	\$77/70
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BABY BALLERINA AND ME

Parents assist dancers in learning basic ballet positions, movements, short dances and more. Both parents and tiny dancers benefit by improving body awareness, coordination and flexibility. A great start for a budding ballerina and fun for parents, too. \$1 materials fee due at first class. *No Class Dates: Jan-18, Feb-15*

Huntington Academy of Dance

Edison Community Center

130410-2A	2.5-4 yrs	W	10:30 - 11:15am	1/13 - 3/9	\$95
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Huntington Academy of Dance

Murdy Community Center

130410-1A	2.5-4 yrs	M	10 - 10:45am	1/11 - 3/21	\$95
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Huntington Academy of Dance

16601 Gothard Street, Suite A

130410-1B	2.5-4 yrs	Tu	10 - 10:45am	1/12 - 3/8	\$95
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BABY FIRST DANCE CLASS

Children delight in a sense of movement. Singing and dancing is a marvelous introduction for little ones to acquire confidence and motor skills, as well as strength, knowledge and coordination. \$5 materials fee due at first class.

Dawna Ludwig

Murdy Community Center

130406-1A	10 mo-3 yrs	F	10 - 10:40am	1/15 - 2/12	\$45
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130406-1B	10 mo-3 yrs	F	10 - 10:40am	2/19 - 3/18	\$45
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BALLET BUDDIES

Learn ballet the fun way with friends, great music, and an enthusiastic instructor. Learn basic ballet positions, jumps, turns, and short dances using French vocabulary. Leotard, tights, ballet slippers encouraged. Parents are invited to watch the last class of the session. \$1 materials fee due at first class. *No Class Dates: Jan-18, Feb-15,*

Huntington Academy of Dance

City Gym and Pool

130407-3A	3.5-5 yrs	Th	3 - 4pm	1/14 - 3/10	\$95
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Huntington Academy of Dance

Edison Community Center

130407-2A	3.5-5 yrs	W	9:30 - 10:30am	1/13 - 3/9	\$95
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130407-2B	4-6 yrs	W	3:30 - 4:30pm	1/13 - 3/9	\$95
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130407-2C	3.5-5 yrs	Sa	9:15 - 10:15am	1/16 - 3/12	\$95
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130407-2D	4-6 yrs	Sa	10:15 - 11:15am	1/16 - 3/12	\$95
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Huntington Academy of Dance

Murdy Community Center

130407-1A	3.5-5 yrs	M	9 - 10am	1/11 - 3/21	\$95
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130407-1B	4-6 yrs	M	3 - 4pm	1/11 - 3/21	\$95
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Huntington Academy of Dance

16601 Gothard Street, Suite A

130407-1C	3.5-5 yrs	Tu	11am - 12pm	1/12 - 3/8	\$95
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Parks and Recreation
spark creativity

BALLET & TAP

WARNING: If your child takes this class, they will perform dance routines for you at home all the time! This popular class teaches basic positions, movements, and rhythms of ballet and tap! Parents are invited to "show day" on the last class. Dance attire and tap shoes required. \$1 materials fee due at first class.

Huntington Academy of Dance		Murphy Community Center	
130408-1A	3.5-5 yrs Th 10:15 - 11:15am 1/14 - 3/10 \$95		

DANCE: TIPPI TOES PARENT & ME

Tippi Toes Dance Company introduces music, movement, balance and the basic dance steps in a fun and positive manner! Instructors will keep fun & exciting music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track. Performance opportunities are available throughout the year. *No Class Dates: Jan-18, Feb-15*

Tippi Toes HB		City Gym and Pool	
130404-3A	18 mo-3 yrs Sa 9:30 - 10am 1/16 - 3/19 \$95		

Tippi Toes HB		Murphy Community Center	
130404-1A	1.5yrs-3 yrs M 5:15 - 5:45pm 1/11 - 3/21 \$95		

DANCE: TIPPI TOES PRINCESS

With songs like "Put'n on my Make-up" & "Pink High Heels" your little dancer is sure to leave class covered in sparkles while she leaps and twirls! The instructor in Princess Character will use dance, imagination and Tippi Toes music to make class a magical experience! Performance opportunities are available throughout the year. *No Class Dates: Jan-18, Feb-15*

Tippi Toes HB		City Gym and Pool	
130405-3A	2-3 yrs Sa 10:15 - 10:55am 1/16 - 3/19 \$95		
130405-3B	4-6 yrs Sa 11:05 - 11:45am 1/16 - 3/19 \$95		

Tippi Toes HB		Murphy Community Center	
130405-1A	2.5-4 yrs M 4:15 - 4:55pm 1/11 - 3/21 \$95		

JAZZ & HIP HOP

Does your child dance around the house all day long? This is the class for your budding dancer! Your child will move to family friendly high energy music while learning funky fresh moves! Parents are invited to "show day" on the last class. Dance attire is encouraged. \$1 materials fee due at first class.

Huntington Academy of Dance		Murphy Community Center	
130416-1A	3.5-5 yrs Th 11:15am - 12:15pm 1/14 - 3/10 \$95		

ONE & TWO BABY BOOGIE & YOU

Children will delight in a sense of movement. Dance is a marvelous introduction for little students to acquire confidence and discipline as well as strength, knowledge, and coordination. "Baby face, you've got the cutest, little baby face." Parent/child participation. \$5 materials fee due at first class.

Dawna Ludwig		City Gym and Pool	
130409-3A	5-17 mo M 10:40 - 11:20am 1/11 - 2/29 \$45		
130409-3B	5-17mo M 10:40 - 11:20am 3/7 - 4/4 \$45		

Dawna Ludwig		Murphy Community Center	
130409-1A	10mo-3yrs F 10:40-11:20am 1/15-2/12 \$45		
130409-1B	10mo-3yrs F 10:40-11:20am 2/19-3/18 \$45		

TINY TUTU TOTS

Dance develops body awareness, coordination, and rhythm in young tots as they move and groove to the music. Parents will enjoy helping baby improve gross motor skills, plus it's so much fun to watch baby dance! Dance attire encouraged for tots. Parent participation required. \$1 materials fee due at first class.

Huntington Academy of Dance		Edison Community Center	
130402-2A	1.5-2.5 yrs W 9 - 9:30am 1/13 - 3/9 \$75		

Huntington Academy of Dance		16601 Gothard Street, Suite A	
130402-1A	1.5-2.5 yrs Th 9 - 9:30am 1/14 - 3/10 \$75		

TINY TOTS HULA

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance for your little ones. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class luau held at the end of the session.

Melody Seanoa		HB Art Center	
130403-4A	2-4 yrs Tu 3:30 - 4pm 1/12 - 2/9 \$60/55		
130403-4B	2-4 yrs Tu 3:30 - 4pm 2/16 - 3/15 \$60/55		

TOTS HULA

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance for your little ones. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class luau held at the end of the session.

Melody Seanoa		HB Art Center	
130414-4A	5-7 yrs Tu 4 - 4:45pm 1/12 - 2/9 \$60/55		
130414-4B	5-7 yrs Tu 4 - 4:45pm 2/16 - 3/15 \$60/55		

EDUCATIONAL

CREATIVE LEARNING HOUR

This parent participation class will get your child excited about learning their ABC's and 123's. We will read, write, create, sing and play all while we learn together. We will use circle times and educational themed centers. Stay and learn all year as we will have new themes and activities every 8 weeks. \$5 materials fee due at first class.

Teri Diersing		Edison Community Center	
130601-2A	2.5-5 yrs Th 10:30 - 11:30am 1/14 - 3/3 \$90		



INFANT TODDLER PLAY & LEARN

A special time for parents and toddlers to enjoy creative and stimulating play and learn centers, hands on age appropriate crafts including painting and playdough, singing and dancing time, plus bubbles and parachute play. Parenting tips, learning games, plus lots of family resources, activities and outing ideas in our community shared each class. Field trip to visit animals included each session. \$5 materials fee due at first class.

Beverly Rico

Murdy Community Center

130602-1A 10 -24mo W 9:30 - 10:30am 1/13 - 3/16 \$80

PRE-SCHOOL PLAY & PRACTICE

Imagine learning activities, award-winning children's literature, arts and crafts, songs, and many more fresh new ideas for your child. Each class is based on a different theme and includes cutting, pasting, painting, coloring, and more importantly, interacting with other children. \$5 materials fee due at first class.

Dawna Ludwig

City Gym and Pool

130610-3A 10 mo-2.5 yrs M 11 - 11:40am 1/11 - 2/29 \$45

130610-3B 10mo-2.5 yrs M 11 - 11:40am 3/7/ - 4/4 \$45

Dawna Ludwig

Edison Community Center

130610-2A 10 mo-3yrs M 9:20 - 10am 1/11 - 2/29 \$45

Dawna Ludwig

Murdy Community Center

130610-1A 10 mo-3.5 yrs F 9:20 - 10am 1/15 - 2/12 \$45

130610-1B 10 mo-3.5 yrs F 9:20 - 10am 2/19 - 3/18 \$45

TOT HOUR

Parent participation class including creative play and learning centers; bubbles and parachute time; craft activity with Playdough, paints, collages; plus songs and dancing. Trip to visit farm animals. Provides opportunities in play and learning activities helpful for future preschool experiences. \$5 materials fee due at first class.

Beverly Rico

Murdy Community Center

130609-1A 2-3.5 yrs W 10:30 - 11:30am 1/13 - 3/16 \$80

GYMNASTICS

TEENY TUMBLE-N-FUN YOGA

NEW! Tumble, roll, climb, slide, jump, balance, sing, explore tunnels and enjoy safe, creative FUN together! We combine baby friendly tumbling, yoga, music, imagination and social interaction to help baby build & improve important motor skills, hand/eye coordination, flexibility and confidence. Please bring receiving blanket and wear comfortable clothing, mats provided. Parent participation required. \$2 materials fee due at first class.

Tumble-N-Kids Inc

Murdy Community Center

130701-1A 8-17 mo Tu 10:30 - 11:15am 1/12 - 3/15 \$90

TINY TUMBLE-N-FUN YOGA

New! This active class combines age-appropriate tumbling, yoga, music, creative play, imagination & beyond! Get strong and confident learning gymnastic rolls, balance beams, trampoline, "Big Cheese", animal walks and more. Improve balance, flexibility, concentration and body awareness with fun & easy kid's yoga. Yoga mats provided, or bring your own mat. Parent participation required. \$2 materials fee due at first class.

Tumble-N-Kids Inc

Murdy Community Center

130702-1A 1.5-3 yrs Tu 11:20am - 12:05pm 1/12 - 3/15 \$90

LITTLE FOLK PRESCHOOL

This class provides an opportunity for social physical emotional and language development through arts, music, science, story time and more. We reinforce a positive self-image and make school a fun experience. **MUST BE FOUR YEARS OLD BY 9/01/15**, snack fee of \$25 payable first class session. Public school holidays will be observed. (You may sign up for both sessions at one time.)

Nancy Shurts

Edison Community Center

130607-2A 4-5 yrs M,W,F 9am - 12pm 1/25 - 3/25 \$305

130607-2B 4-5yrs M,W,F 9am-12pm 4/4 - 6/3 \$305

Nancy Shurts

Murdy Community Center

130607-1A 4-5 yrs M,W,F 9am - 12pm 1/25 - 3/25 \$305

130607-1B 4-5yrs M,W,F 9am - 12pm 4/4 - 6/3 \$305

WEE FOLK PRESCHOOL

A program designed to keep your child active, involved and playing with others. Tots will explore music, rhythm, arts, motor skills, and more. A fun-filled morning of social development and self-esteem builders. **MUST BE THREE YEARS OLD BY 9/1/2015 POTTY TRAINED.** Snack fee of \$20 due first day of class. (You may sign up for both sessions.)

Nancy Shurts

Edison Community Center

130603-2A 3 yrs Tu,Th 9am - 12pm 1/26 - 3/24 \$230

130603-2B 3yrs Tu, Th 9am - 12pm 4/5 - 6/2 \$230

Nancy Shurts

Murdy Community Center

130603-1A 3 yrs Tu,Th 9am - 12pm 1/26 - 3/24 \$230

130603-1B 3yrs Tu, Th 9am - 12pm 4/5 - 6/2 \$230



Register Online!
www.hbsands.org

TINY TUMBLE-N-DANCE

Combining two great skills, Gymnastics + Dance, your little one will improve rhythm, balance and coordination through music, creative movement and age-appropriate tumbling. Together, we'll sing, dance and tumble in a fun, safe environment - "Ta-Da!" Parents participate in the FUN! \$2 materials fee due at first class

Tumble-N-Kids Inc

City Gym and Pool

130703-3A 18 mo-3 yrs F 9:50 - 10:35am 1/15 - 3/18 \$90

TINY TWISTERS

Enjoy Saturday mornings with your "Tiny Twister." Learning age appropriate tumbling is great fun! Your little one improves important motor skills, strength, confidence and coordination. Together, we'll tumble-roll-balance-bounce-sing-sit-crawl-jump. and enjoy safe, creative fun and music. "Let the good times ROLL." \$2 materials fee due first class.

Tumble-N-Kids Inc

Edison Community Center

130704-2A 10 mo-2 yrs Sa 9:30 - 10:15am 1/16 - 3/19 \$90

TOOTSIE-ROLLERS

This class is jam-packed with music, movement and Tumble-N-Fun. Together, we'll tumble-roll-balance-bounce-sing-hop-jump ... and enjoy safe, creative fun + music! Obstacle courses, beams, trampoline, and "Big Cheese" keep it roll'n! Gymnastic skills are a great foundation for all sports! Parent-participation. \$2 materials fee due at first class.

Tumble-N-Kids Inc

Edison Community Center

130705-2A 1.5-3 yrs W 9:30 - 10:30am 1/13 - 3/16 \$110

Tumble-N-Kids Inc

Murdy Community Center

130705-1A 1.5-3 yrs Th 10 - 11am 1/14 - 3/17 \$110

130705-1B 1.5-3 yrs Sa 10:20 - 11:20am 1/16 - 3/19 \$110

TUMBLE-BUGS

Together, we'll tumble, roll, balance, bounce, sing, hop, jump and enjoy safe, creative tumble-fun & music. Obstacle courses, balance beams, trampoline, "big cheese", tunnels, animal walks, circle time, learning gymnastic positions, keep it roll'n. Parent participation required. \$2 materials fee due at first class.

Tumble-N-Kids Inc

Edison Community Center

130706-2A 2-4 yrs Sa 10:15 - 11:15am 1/16 - 3/19 \$110

TUMBLE-STARS

Boys and girls safely learn fun and age-appropriate Gymnastics/Tumbling skills. Students gain strength, coordination, flexibility, balance, and self-confidence. Obstacle courses, balance beams, trampoline and handspring barrel keep the fun roll'n. Students learn to follow directions - a great class to prepare for school. Parent participation. \$2 materials fee due at first class.

Tumble-N-Kids Inc

Edison Community Center

130707-2A 2.5-4 yrs W 10:30 - 11:30am 1/13 - 3/16 \$110

Tumble-N-Kids Inc

Murdy Community Center

130707-1A 2.5-4 yrs Th 11am - 12pm 1/14 - 3/17 \$110

130707-1B 2.5-4 yrs Sa 11:30am - 12:30pm 1/16 - 3/19 \$110



Parks and Recreation
promote good health

TUMBLE-N-FREEPLAY

Release your child's inner "Tumbler"! Supervised by TNK instructor, we offer a great opportunity to safely explore gymnastics in a fun, "freestyle" environment. Gymnastic equipment includes: balance beams, trampoline, incline wedge, cartwheel mat, handspring barrel. "Mr.Wobbles", obstacle courses, plus fun music. Come socialize plus exercise! Non-Parent participation class. \$2 materials fee due at first class.

Tumble-N-Kids Inc

City Gym and Pool

130709-3A 3-5 yrs F 11:45am - 12:30pm 1/15 - 3/18 \$90

TEENY TUMBLERS

"Teeny Tumblers" will develop important motor skills and confidence as they tumble, roll, balance, bounce, sing, sit and crawl in this fun, active class! Together we'll enjoy safe, creative fun +music! \$2 materials fee due at first class. Parent- participation.

Tumble-N-Kids Inc

City Gym and Pool

130711-3A 8 mo-1.5 yrs F 9 - 9:45am 1/15 - 3/18 \$90

Tumble-N-Kids Inc

Edison Community Center

130711-2A 8-17 mo W 11:35am - 12:20pm 1/13 - 3/16 \$90

Tumble-N-Kids Inc

Murdy Community Center

130711-1A 8-17 mo Sa 9:30 - 10:15am 1/16 - 3/19 \$90

TUMBLE-N-DANCE

Boys + Girls will improve rhythm, strength, body control, balance and coordination through music, creative movement and gymnastic skills. Gymnastics/Dance is great foundation for all sports! Have FUN + find your GROOVE! Parent Participant Class. \$2 materials fee due at first class.

Tumble-N-Kids Inc

City Gym and Pool

130712-3A 3-5 yrs F 10:45 - 11:30am 1/15 - 3/18 \$90

TUMBLE-N-FUN YOGA

New! Our active class combines age-appropriate tumbling, yoga, music, creative play, imagination & beyond! Kids get strong and confident learning gymnastics, balance beams, trampoline, rolling down inclines and coordination while doing animal walks. PLUS improve balance, flexibility and concentration with fun & easy kid's yoga. Yoga mats provided, or bring your own mat. Some parent participation required. \$2 materials fee due at first class.

Tumble-N-Kids Inc

Murdy Community Center

130715-1A 3-5 yrs Tu 12:15 - 1pm 1/12 - 3/15 \$90

MARTIAL ARTS

KARATE-DO TRADITIONAL JAPANESE BEGINNER

Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. 1 day a week, Thursday or Friday, for \$110. 2 days a week for \$130.

Wadoryu USA

Edison Community Center

130901-2B 5-7 yrs Th 5 - 5:40pm 1/14 - 3/17 \$110

130901-2C 5-7 yrs F 5 - 5:40pm 1/15 - 3/18 \$110

KARATE-DO TRADITIONAL JAPANESE NOVICE

Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. Orange, yellow, and blue belts only. 1 day a week, Thursday or Friday, for \$110. 2 days a week for \$130.

Wadoryu USA		Edison Community Center			
130902-2B	5-7 yrs Th	5:45 - 6:30pm	1/14 - 3/17	\$110	
130902-2C	5-7 yrs F	5:45 - 6:30pm	1/15 - 3/18	\$110	

KARATE-DO TRADITIONAL JAPANESE INTERMEDIATE

Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. Blue/St, Green/St, Purple, Purple/St, Red, Red/St belts only. 1 day a week, Thursday or Friday, for \$140. 2 days a week for \$160.

Wadoryu USA		Edison Community Center			
130903-2B	5-7 yrs Th	5:45 - 7:15pm	1/14 - 3/17	\$140	
130903-2C	5-7 yrs F	5:45 - 7:15pm	1/15 - 3/18	\$140	

MUSIC

BROADWAY SING & DANCE

Sing, dance and explore the world of Broadway in this fun musical theater class! Students will build valuable performance skills, play Theater games and create fun characters all while working together to perform a final showcase on the last day! Students will be expected to practice songs at home *Optional student showcase at Knott's Berry Farm (nominal costume fee applies). \$10 materials fee due at first class.

Take the Stage Productions		Murdy Community Center			
131012-1A	3-5 yrs W	11 - 11:45am	1/13 - 3/23	\$110	

PARENT AND ME SUNSHINE BABIES & TOTS

Have fun singing, dancing, marching & playing to upbeat music using bright colored props and introduce your child to the wonderful world of song combined with dance. Parent participation is required. 3 year olds can join our Sunshine Generation Performing Group.

Iskui Merdjanian		Edison Community Center			
131003-2A	10 mo-3 yrs Th	9:15 - 10am	1/14 - 3/3	\$69	
Iskui Merdjanian		Murdy Community Center			
131003-1A	10 mo-3 yrs Tu	9:15 - 10am	1/12 - 3/1	\$69	
131003-1B	10 mo-3 yrs W	6 - 6:45pm	1/13 - 3/2	\$69	

PERFORMING ARTS: SUNSHINE GENERATION OF HB

Make new friends while building useful lifetime skills! Gain confidence for public performing with NO pressure. Kids focus on singing, dancing, and public speaking with showmanship. Optional community performances after the end of the session. \$30 for Sunshine t-shirt, CD, and worksheets. Parents are asked not to stay during rehearsals.

Iskui Merdjanian		Edison Community Center			
131004-2A	3-5 yrs Th	4:45 - 5:30pm	1/14 - 3/3	\$77	

RHYTHM BABIES

This class is an easy and fun way to introduce your child to age appropriate musical instruments. They will delight to the sounds while developing their balance and coordination skills. This is a parent participation class. \$2 materials fee due at first class. No class dates: Jan-18, Feb-15.

Patricia Hill		Edison Community Center			
131005-2A	6 mo-1.5 yrs M	9:15 - 10am	1/11 - 3/14	\$70	

RHYTHM, RHYME & FUN

Rhyming games, musical instruments, and a colorful costume parade are just some of the fun things that your child will take part in as they learn to socialize in a positive and cheerful environment. This is a parent participant class. \$3 materials fee due at first class. No class dates: Jan-18, Feb-15.

Patricia Hill		City Gym and Pool			
131002-3A	18 mo-3 yrs Tu	9:30 - 10:30am	1/12 - 3/1	\$86	

Patricia Hill		Edison Community Center			
131002-2A	15 mo-3yrs M	10:15 - 11:15am	1/11 - 3/14	\$86	

SING & DANCE TOGETHER

Sing, Dance and explore the world of rhythm in this fun class! Students will build motor skills, confidence, and play games with musical instruments and props; all while singing and moving to their favorite children's songs! This is a great class to create bonding between caregiver & child. *Caregiver participation required. \$10 materials fee due at first class. No Class Dates: Feb-17

Take the Stage Productions		Murdy Community Center			
131011-1A	1.5-3 yrs W	10:15 - 11am	1/13 - 3/23	\$110	

STORYBOOK STAGE PLAY

Students explore fairytales and fables as the basics to create new stories, inspire imagination and build performance skills. Through the use of their voices, bodies, costumes and props- students will create memorable skits and characters while building skills in acting, public speaking, creative thinking, reading comprehension, and confidence! *Optional student performance at Knott's Berry Farm (nominal uniform fee applies.) \$10 materials fee due at first class.

Take the Stage Productions		Murdy Community Center			
131007-1A	3-4 yrs Tu	3:30 - 4:15pm	1/12 - 3/22	\$110	

WIGGLE GIGGLE MUSIC TIME

It's time to let loose. Singing, dancing and playing musical instruments as we "get our wiggles out" in this fun and active class. Balance and coordination will be developed as we groove to the tunes. Parent participation required. \$5 materials fee due at first class

Patricia Hill		City Gym and Pool			
131001-3A	18 mo-3 yrs Tu	10:45 - 11:30am	1/12 - 3/1	\$70	

Patricia Hill		Murdy Community Center			
131001-1A	18 mo-3 yrs Th	10:30 - 11:15am	1/14 - 3/3	\$70	

Register Online! www.hbsands.org

SPORTS

SKYHAWKS: MINI-HAWK MULTI-SPORT

This baseball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Skyhawks Sports Academy Inc			Edison Community Center		
131304-2A	3 yrs	Sa	9 - 9:40am	1/16 - 3/12	\$135
131304-2B	4 yrs	Sa	9:50 - 10:30am	1/16 - 3/12	\$135
131304-2C	5-6 yrs	Sa	10:40 - 11:20am	1/16 - 3/12	\$135

Skyhawks Sports Academy Inc			Murphy Community Center		
131304-1A	3 yrs	W	4 - 4:40pm	1/13 - 3/9	\$135
131304-1B	4 yrs	W	4:50 - 5:30pm	1/13 - 3/9	\$135
131304-1C	5-6 yrs	W	5:40 - 6:20pm	1/13 - 3/9	\$135

PEE WEE BASKETBALL

Boys and girls 3 to 5 years old will be introduced to the basics of basketball in the non-competitive clinic-based program. Drills, basketball techniques, and basketball games will be used to teach the FUNDamentals of basketball. Every player will receive a HB recreation jersey! Sign up at your local community center or online at hbsands.org

Youth Sports Staff			City Gym and Pool		
131306-3A	3-5 yrs	Sa	9:30 - 10:20am	1/30 - 3/5	\$55

Youth Sports Staff			Edison Community Center		
131306-2A	3-5 yrs	Sa	9:30 - 10:20am	1/30 - 3/5	\$55

Youth Sports Staff			Murphy Community Center		
131306-1A	3-5 yrs	Sa	9:30 - 10:20am	1/30 - 3/5	\$55

PLAYBALL

Playball is a coed progressive sports program developed 25 years ago by occupational therapists, sports psychologists and school teachers. Children learn basic skills for tennis, baseball, hockey, basketball and soccer. Playball is taught in a positive, non-intimidating and non-competitive environment where results are achieved while having fun. Parent participation required for the 2-3 years class.

OC Playball Inc			City Gym and Pool		
131308-3A	2-3 yrs	M	9 - 9:45am	1/11 - 3/21	\$100
131308-3B	3-4 yrs	M	10:15 - 11am	1/11 - 3/21	\$100
131308-3C	4-5 yrs	M	3:15 - 4pm	1/11 - 3/21	\$100

OC Playball Inc			Edison Community Center		
131308-2A	2-3 yrs	Th	9 - 9:45am	1/14 - 3/24	\$110
131308-2B	2-3 yrs	Th	10 - 10:45am	1/14 - 3/24	\$110
131308-2C	3-4 yrs	Th	11 - 11:45am	1/14 - 3/24	\$110

OC Playball Inc			Murphy Community Center		
131308-1A	2-3 yrs	Tu	9 - 9:45am	1/12 - 3/22	\$110
131308-1B	3-4 yrs	Tu	10 - 10:45am	1/12 - 3/22	\$110

SKYHAWKS HOOPSTER TOTS

This basketball class covers all of the beginner skills in a variety of engaging games. While maintaining the imaginative and fun atmosphere, this class introduces new exciting challenges to their skill levels in shooting, dribbling, passing, catching, and jumping. Each child receives a t-shirt. *No Class Dates: Jan-18, Feb-15*

Skyhawks Sports Academy Inc			Murphy Community Center		
131311-1A	3 yrs	M	4 - 4:40pm	1/11 - 3/14	\$125
131311-1B	4 yrs	M	4:50 - 5:30pm	1/11 - 3/14	\$125
131311-1C	5-6 yrs	M	5:40 - 6:20pm	1/11 - 3/14	\$125

ICE SKATING FOR TOTS

Beginning ice skating made fun and easy. Your skater will have a smile on their face when he/she learns how to march, glide, hop and wiggle backwards on the ice. Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00pm for Wednesday class and 12:00-2:00pm for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

The Rinks Westminster ICE			13071 Springdale, Westminster		
131312-1A	3-5 yrs	W	5:40 - 6:10pm	1/13 - 2/3	\$37
131312-1B	3-5 yrs	W	5:40 - 6:10pm	2/17 - 3/9	\$37
131312-1C	3-5 yrs	Sa	10:15 - 10:45am	1/16 - 2/6	\$37
131312-1D	3-5 yrs	Sa	10:15 - 10:45am	2/20 - 3/12	\$37

PARENT & ME ICE SKATING

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, 30-minute lesson, free practice on day of class (3:10-4:40pm for Tuesday class and 12:00-2:00pm for Saturday class) and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

The Rinks Westminster ICE			13071 Springdale, Westminster		
131313-1A	3-5 yrs	Tu	4:10 - 4:40pm	1/12 - 2/2	\$37
131313-1B	3-5 yrs	Tu	4:10 - 4:40pm	2/16 - 3/8	\$37
131313-1C	3-5 yrs	Sa	11:15 - 11:45am	1/16 - 2/6	\$37
131313-1D	3-5 yrs	Sa	11:15 - 11:45am	2/20 - 3/12	\$37

MOMMY/DADDY & ME SOCCER

As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field and in Mommy/Daddy & Me Soccer, parents are part of the action! Each child receives a soccer jersey.

Kidz Love Soccer			Murphy Community Center		
131314-1A	2-3.5 yrs	Sa	4:30 - 5pm	1/30 - 3/19	\$97

TOT/PRE-SOCCER

Little tykes will enjoy running and kicking just like the big kids! Teaches the basic techniques of the game and build self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Each child receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer			Murphy Community Center		
131315-1A	3.5-5 yrs	Sa	3:45 - 4:20pm	1/30 - 3/19	\$97

SURF & SKATE

OC MINI ROLLERS

This roller skating class is designed for the young, first time skater. Students will learn the basics of roller skating, while building confidence and enjoying the outdoors. Parent participation is encouraged. Skaters to wear roller skates or inlines, protective gear - helmet, knee/elbow pads, and wrist guards.

Elena Parra			Edison Community Center		
131402-2A	2-5 yrs	Sa	9 - 9:45am	1/16 - 2/13	\$55

ART

ART EXPLORATIONS

In this beginning art class, students will combine fun drawing exercises and creative painting projects to build skills as young artists. The different elements of art will be introduced through a variety of media such as acrylic on canvas, pastels, charcoal, watercolor, and more. Emphasis is placed on techniques as students explore the work of famous artists and create their own masterpieces. All materials and aprons will be provided. \$20 materials fee due at first class.

Lucia Henry					HB Art Center
140110-4A	6-12 yrs	Sa	1 - 2:15pm	1/16 - 2/13	\$81/73
140110-4B	6-12 yrs	Th	3:30 - 4:45pm	2/18 - 3/17	\$81/73

CLAY ADVENTURES

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, and slab building. We will decorate them with under glazes. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. \$20 materials fee due at first class.

Lucia Henry					HB Art Center
140101-4A	6-12 yrs	Th	3:30 - 4:45pm	1/14 - 2/11	\$83/75
140101-4B	6-12 yrs	Sa	1 - 2:15pm	2/20 - 3/19	\$83/75

DRAWING & PAINTING FOR KIDS

Students explore the elements of drawing and painting rolled into one class. Projects will cover a variety of concepts, including composition, contour, shading, perspective, color theory and mixing, brush handling, and how to use a variety of dry and wet media. We will use pencils, charcoal, pastels, watercolors, acrylics, gouache, inks, and make unique and personal works of art. All supplies included. \$15 materials fee due at first class.

Courtney Oquist					HB Art Center
140102-4A	7-12 yrs	Th	5:15 - 6:30pm	2/18 - 3/17	\$81/73

ESSENTIAL CARTOONING

This fun and exciting class will teach character drawing and basic cartooning skills, including Japanese manga, anime, and current popular cartoons. Returning students will begin to learn layout and design. Beginners will learn how to draw characters. Limited enrollment. Pre-registration is required. All materials are provided. \$25 materials fee for new students (\$20 for returning students) due at first class which covers all supplies.

Pati Kent					HB Art Center
140109-4A	7-13 yrs	Tu	4:30 - 5:30pm	1/12 - 2/9	\$76/69
140109-4B	7-13 yrs	Tu	4:30 - 5:30pm	2/23 - 3/22	\$76/69

KINDER ART

In this fun class children will experience art through all kinds of materials. Young artists will develop new skills and talents while designing unique creations. Each lesson is planned to expose the children to an element of art and a new art medium. We will use watercolors, pastels, plaster and much more! Aprons are provided. \$20 materials fee due at first class.

Lucia Henry					HB Art Center
140111-4A	5-6 yrs	W	2:45 - 3:45pm	1/13 - 2/10	\$77/70

KINDER CLAY

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, and slab building. We will decorate them with under glazes. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. \$20 materials fee due at first class.

Lucia Henry					HB Art Center
140114-4A	5-6 yrs	W	2:45 - 3:45pm	2/17 - 3/16	\$81/73

CAMPS

BEACH VOLLEYBALL: GIRLS DAY CAMP

This day camp will begin by going over the skills and strategies of the game of 2-A-Side beach volleyball. Participants will then form teams to play games for the second half of the camp.

Beach Volleyball CA Inc					City Beach
121309-2A	12-17 yrs	M	9am - 12pm	1/25	\$50
121309-2B	12-17 yrs	M	9am - 12pm	2/15	\$50

BEACH VOLLEYBALL: BOYS DAY CAMP

This day camp will begin by going over the skills and strategies of the game of 2-a-side beach volleyball. Participants will then form teams to play games for the second half of the camp.

Beach Volleyball CA Inc					City Beach
121310-2A	12-17 yrs	M	9am - 12pm	1/25	\$50
121310-2B	12-17 yrs	M	9am - 12pm	2/15	\$50

COMPUTERS

VIDEO GAME DESIGN: PLATFORM GAMES

Previous Video Game Design experience for this class is recommended! In this class, kids will learn to create unique levels and characters and will develop an original plot line. Working with a partner, students will give their characters gravity and create interesting and original bad guys to add a challenge to the game. Working with design, animation, and programming tools, students will create a fun and engaging platform adventures!

Freshi Media					City Gym and Pool
140205-3A	8-12yrs	Tu	4 - 5:30pm	1/19-3/8	\$160

YOUNG CREATORS: INTRO TO ANIMATION

In this class, younger students work together to create an original story through animation. Kids will be able to use their favorite toys and objects like Legos to create a fun, short stop motion animation. Student will also learn how to add in fun music and will work with computers to create their animation! Students are encouraged, but not required to bring toys and materials from home.

Freshi Media					City Gym and Pool
140206-3A	5-8 yrs	Th	4 - 5:30pm	2/4-3/24	\$160

COOKING

KIDS COOKING IT UP FRESH IN THE KITCHEN

Children will make nutritious recipes using real foods that will incorporate fresh, wholesome, and nutritious ingredients. Children will learn nutrition concepts along the way as they explore new and familiar foods, seasonings, and herbs. This is a hands-on cooking experience and each child will make this or her own individual recipe.

Stephanie Collett **Edison Community Center**
140301-2A 7-13 yrs F 4:30 - 5:45pm 1/15 - 2/12 \$85

Stephanie Collett **Murdy Community Center**
140301-1A 7-13 yrs Sa 11am - 12:15pm 1/16 - 2/13 \$85



DANCE

YOUTH BALLET

Challenge your child to develop rhythm, strength and coordination the FUN way! In ballet class, boys and girls learn ballet positions, jumps, turns, and dances using French vocabulary. Ballet attire required. Details will be given at first class. \$1 materials fee due at first class. *No Class Dates: Jan-18, Feb-15*

Huntington Academy of Dance **City Gym and Pool**
140401-3A 5-7 yrs Th 4 - 5pm 1/14 - 3/10 \$95

Huntington Academy of Dance **Edison Community Center**
140401-2A 5-7 yrs Sa 11:15am - 12:15pm 1/16 - 3/12 \$95

Huntington Academy of Dance **Murdy Community Center**
140401-1A 6-8 yrs M 4 - 5pm 1/11 - 3/21 \$95

CONTEMPORARY

Love the moves on So You Think You Can Dance? Contemporary dance style incorporates movements of ballet, jazz, and modern with great music and personal expression. Learn the basic of contemporary, stretches, leaps and turns in the FUN class! Dance attire required. Additional fees apply. More information will be given at the first lesson.

Huntington Academy of Dance **16601 Gothard Street, Suite A**
140402-1A 12-16 yrs W 5:30 - 6:30pm 1/13 - 3/9 \$95



HIP HOP

Boys and girls will get their groove on hip hoppin' to high energy music with funky dance moves! Hip hop introduces students to the rhythmic urban style of popping, locking, and gliding. Parents delight in our family friendly music and movements while kids have a blast and bust-a-move! Bring a friend and try your first class for free! \$1 materials fee due at first class. *No Class Dates: Jan-18, Feb-15*

Huntington Academy of Dance **Edison Community Center**
140404-2A 5-7 yrs W 4:35 - 5:35pm 1/13 - 3/9 \$95

Huntington Academy of Dance **Murdy Community Center**
140404-1A 7-12 yrs M 5:30 - 6:30pm 1/11 - 3/21 \$95

POLYNESIAN YOUTH

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required.

Melody Seanoa **HB Art Center**
140403-4A 8-14 yrs Tu 5 - 6pm 1/12 - 2/9 \$60/55
140403-4B 8-14 yrs Tu 5 - 6pm 2/16 - 3/15 \$60/55

TAP

Bring a friend and learn the basics of tap dancing in this FUN class! Students will learn how to keep time and stay in beat with music. Tap dancing is a great way to improve coordination, rhythm, and athletic agility. Boys and girls love making NOISE with their feet! Dance attire, please. Additional fees apply. More information will be given at the first lesson.

Huntington Academy of Dance **16601 Gothard Street, Suite A**
140407-1A 7-12 yrs Tu 4:30 - 5:30pm 1/12 - 3/8 \$95

TEEN BALLET

Love the grace and Poise of ballet dancers? Looking to improve posture, gain strength and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Develop rhythm and coordination in a fun way. Ballet attire required.

Huntington Academy of Dance **6601 Gothard Street, Suite A**
140410-1A 8-16 yrs Tu 5:30 - 6:30pm 1/12 - 3/8 \$95

EDUCATIONAL



MAD SCIENCE: SCIENCE THAT MAKES SENSE!

Your child will be amazed when they participate in our hands-on science classes with topics such as Sonic Sounds, Tantalizing Taste, Watts-Up, Harnessing Heat, Mission Nutrition, Optical Illusions, and More. All classes are hands-on, minds-on, and F-U-N! Your child will create and take home their own Periscope, Magnet Mobil, Pedometer and more. \$10 materials fee due at first class.

MAD Science		Murdu Community Center			
140609-3A	5-12 yrs	Sa	5 - 9pm	2/13	\$46

MAD SCIENCE: STEM-ULATING SCIENCE!

Participants will learn about scientific concepts through the following topics: All About Animals, Energy Burst, Great Gravity, Life in the Sea, Moving Motion and more. All classes are hands-on, minds-on, and FUN! Children will make and take home and awesome experiment each week. \$10 materials fee due at first class. *No Class Dates: Feb-15*

MAD Science		Murdu Community Center			
140613-1A	5-12 yrs	M	3:30 - 4:30pm	1/25 - 3/21	\$99

SERIOUSLY AWESOME SITTERS

The ultimate babysitter preparation class! You become certified in Basic First Aid and CPR/AED for adults and children. You'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be asked back again and again! \$30 materials fee due at first class.

Workshops on Wellness		Murdu Community Center			
140608-1A	10 yrs +	Sa	10am - 5pm	2/20	\$60

GYMNASTICS

CHEER-NASTICS

Students have fun while safely learning cheers & stunting techniques plus gymnastic skills great for all levels. Cartwheels, roundoffs, backbends, walkovers, splits, rolls, jumps, beam and back-handsprings barrel are taught by an experienced instructor. Progressive skill level instruction creates success! \$2 materials fee due at first class.

Tumble-N-Kids Inc		City Gym and Pool			
140701-3A	6-12 yrs	F	4 - 5pm	1/15 - 3/18	\$110
140701-3B	6-12 yrs	F	5 - 6pm	1/15 - 3/18	\$110

JAMMIN' GYMNASTS

Girls and boys of all levels learn age-appropriate gymnastics skills, coordination and strength development. Experienced coaches introduce cartwheels, round-offs, rolls, handstands, backbends, beam, trampoline, back-handspring barrel and more. Obstacle courses and music make learning fun, while progressive skill instruction creates confidence and success preparing kids for all sports! \$2 materials fee due at first class.

Tumble-N-Kids Inc		Edison Community Center			
140702-2A	6-12 yrs	W	3:45 - 4:45pm	1/13 - 3/16	\$110
140702-2B	5-8 yrs	Sa	11:20am - 12:20pm	1/16 - 3/19	\$110

Tumble-N-Kids Inc		Murdu Community Center			
140702-1A	6-12 yrs	Tu	3:45 - 4:45pm	1/12 - 3/15	\$110
140702-1B	7-14 yrs	Th	4 - 5pm	1/14 - 3/17	\$110

KARTWHEEL-N-KIDS

Girls and boys learn gymnastics skills including; cartwheels, rolls, jumps, handstands, bridge/backbends, beams, handspring barrel, trampoline and more. We focus on beginning tumbling skills incorporating music, obstacle courses and fun. Progressive skill level instruction creates confidence and success. \$2 materials fee due at first class.

Tumble-N-Kids Inc		City Gym and Pool			
140704-3A	4-6 yrs	F	3 - 4pm	1/15 - 3/18	\$110

Tumble-N-Kids Inc		Edison Community Center			
140704-2A	4-6 yrs	W	2:45 - 3:45pm	1/13 - 3/16	\$110

Tumble-N-Kids Inc		Murdu Community Center			
140704-1A	4-6 yrs	Tu	2:45 - 3:45pm	1/12 - 3/15	\$110
140704-1B	4-6 yrs	Th	3 - 4pm	1/14 - 3/17	\$110

HEALTH & FITNESS

ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party!

SockhopFitness		Rodgers Seniors' Center			
140821-5A	6 yrs +	Tu	6 - 6:45pm	1/12 - 3/22	\$66





MARTIAL ARTS

JUNIOR TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor.

Kiavash Tillehkook				City Gym and Pool		
140908-3A	5-9 yrs	M	5:45 - 6:30pm	1/11 - 3/21	\$187	
140908-3B	5-9 yrs	Tu	5:45 - 6:30pm	1/12 - 3/22	\$187	
140908-3C	5-9 yrs	W	5:45 - 6:30pm	1/13 - 3/23	\$187	
140908-3D	5-9 yrs	Th	5:45 - 6:30pm	1/14 - 3/24	\$187	

KARATE - DO TRADITIONAL JAPANESE BEGINNER

This traditional Japanese karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms are available for purchase from instructor. One day a week, Thursday or Friday, for \$110. Two days a week for \$130.

Wadoryu USA				Edison Community Center		
140903-2B	8-10 yrs	Th	5 - 5:40pm	1/14 - 3/17	\$110	
140903-2C	8-10 yrs	F	5 - 5:40pm	1/15 - 3/18	\$110	

KARATE-DO TRADITIONAL JAPANESE NOVICE

Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. White, orange, yellow, and blue belts only. 1 day a week, Thursday, or Friday, for \$110. 2 days a week for \$130.

Wadoryu USA				Edison Community Center		
140904-2B	8-14 yrs	Th	5:45 - 6:30pm	1/14 - 3/17	\$110	
140904-2C	8-14 yrs	F	5:45 - 6:30pm	1/15 - 3/18	\$110	

KARATE-DO TRADITIONAL JAPANESE INTERMEDIATE

Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Classes are ongoing and progressive. Uniforms are available for purchase from instructor. Blue/St, Green, Green/St, Red, Red/St, Purple belts only. 1 day a week, Thursday or Friday, for \$140. 2 days a week for \$160.

Wadoryu USA				Edison Community Center		
140906-2B	8-18 yrs	Th	5:45 - 7:15pm	1/14 - 3/17	\$140	
140906-2C	8-18 yrs	F	5:45 - 7:15pm	1/15 - 3/18	\$140	

KARATE-DO TRADITIONAL JAPANESE ADVANCED

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. One day a week, Thursday or Friday, for \$150. Two days a week for \$170. Three days a week for \$180.

Wadoryu USA				Edison Community Center		
140907-2B	8-18 yrs	Th	6:30 - 8:15pm	1/14 - 3/17	\$150	
140907-2C	8-18 yrs	F	6:30 - 8:15pm	1/15 - 3/18	\$150	

YOUTH SELF-DEFENSE & SAFETY AWARENESS

This program combines safety awareness with self-defense instruction. Students learn verbal and physical skills for self-defense against bullies and strangers. Escape maneuvers and communication skills are taught to contract threats. Safety tips are discussed each week. Students progress in rank and earn their belts.

Young Champions				Murdy Community Center		
140905-1A	4-15 yrs	New Students	F 5:15 - 5:55pm	1/22 - 4/8	\$92	
140905-1B	4-15 yrs	Yellow & Orange	F 6 - 6:40pm	1/22 - 4/8	\$92	
140905-1C	4-15 yrs	Purple Belts & Above	F 6:45 - 7:25pm	1/22 - 4/8	\$92	

MUSIC

BROADWAY STAR MUSICAL THEATER

Learn to act, sing, & dance to your favorite Broadway musicals. Students explore musical theater performance through storytelling, Broadway favorites & improvisation, as well as singing, musicality, rhythm, dance & movement. This is a wonderful class to build young performer's self-esteem & confidence by helping them to trust their own unique imagination. \$10 materials fee due at first class. *No Class Dates: Feb-16*

Take the Stage Productions				Murdy Community Center		
141103-1A	5-10 yrs	Tu	5:05 - 5:50pm	1/12 - 3/22	\$110	

GLEE CLUB

This high-energy class provides male and female students with an opportunity to sing, dance, perform, and unlock their inner superstar! Students will learn Pop and Broadway music and choreography in a fun atmosphere, while building voice and mic technique, musical expression, and providing self-confidence in all areas. Optional student performance at Knott's Berry Farm (nominal uniform fee applies). \$10 materials fee due at first class. *No Class Dates: Jan-18, Feb-15*

Take the Stage Productions				Edison Community Center		
141010-2A	8-12 yrs	M	4:15 - 5:15pm	1/11 - 3/28	\$120	

GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr. Greg and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don't delay and learn to play today. (Bring your own guitar, \$20 materials fee due to instructor for book).

The Rock Band Experience				HB Art Center		
141007-4A	8-12 yrs	Th	3:30 - 4:30pm	1/14 - 2/4	\$81/73	
141007-4B	8-12 yrs	Th	3:30 - 4:30pm	2/11 - 3/3	\$81/73	
141007-4C	8-12 yrs	Th	3:30 - 4:30pm	3/10 - 3/31	\$81/73	

HOLLYWOOD FILM ACTING I

This introductory course is designed for all students wishing to learn the acting techniques of their favorite Film & TV stars. The course includes on camera acting technique, vocabulary, character development and expression. Practical exercises in both scripted and improvisational work will be stressed. *Optional student performance at Knott's Berry Farm (nominal uniform fee applies) \$5 materials fee due at first class. *No Class Dates: Feb-17*

Take the Stage Productions **Murdy Community Center**
141008-1A 6-10yrs Wed 4-4:45pm 1/13-3/23 \$110

HOLLYWOOD FILM ACTING II

This entertaining course is designed for students who have taken Hollywood Film Acting I, or students starting at an older age. This course includes advanced acting technique, vocabulary, scene breakdown, in-depth character development and expression. Practical exercises in both scripted and improvisational work will be stressed. *Optional student performance at Knott's Berry Farm (nominal uniform fee applies) \$5 materials fee due at first class. *No Class Dates: Feb-17*

Take the Stage Productions **Murdy Community Center**
141009-1A 8-12 yrs W 4:45 - 5:30pm 1/13 - 3/23 \$110

PERFORMING ARTS: SUNSHINE GENERATION OF HB

Make new friends while building useful lifetime skills! Gain confidence for public performing with NO pressure. Kids focus on singing, dancing, and public speaking with showmanship. Optional community performances after the end of the session. \$30 for Sunshine t-shirt, CD, and worksheets. Parents are asked not to stay during rehearsals.

Iskui Merdjanian **Edison Community Center**
141003-2A 6-12 yrs Th 5:45 - 6:30pm 1/14 - 3/3 \$77

STORYBOOK STAGE PLAY

Students explore storybooks as the basis to create a play, inspire imagination & build performance skills. Through the use of voice, movement, & costumes-students will create memorable characters while building skills in acting, creative thinking, reading comprehension, public speaking & confidence! Mini play performed on last day of class. \$10 materials fee due at first class. *No Class Dates: Feb-16*

Take the Stage Productions **Murdy Community Center**
141005-1A 5-9 yrs Tu 4:15 - 5pm 1/12 - 3/22 \$110

SPORTS

BEACH VOLLEYBALL: BOYS ADVANCED TRAINING SQUAD

Contact must be made with Coach Jason Lochhead before signing up. This squad is focused on development of skills for athletes intending on playing in 2-a-side youth tournaments. The schedule for this squad involves two trainings per week in addition to the club's Sunday youth league. Training times and days will be organized according to participant and coach availability.

Beach Volleyball CA Inc **City Beach**
141327-2A 12-17 yrs TBA TBA TBA \$330

BEACH VOLLEYBALL:

GIRLS ADVANCED TRAINING SQUAD

Contact must be made with Coach Jason Lochhead before signing up. This squad is focused on development of skills for athletes intending on playing in 2-a-side youth tournaments. The schedule for this squad involves two trainings per week in addition to the club's Sunday youth league. Training times and days will be organized according to participant and coach availability.

Beach Volleyball CA Inc **City Beach**
141328-2A 12-17 yrs TBA TBA TBA \$330

BEACH VOLLEYBALL: SUNDAY YOUTH LEAGUE

Golden Coast Beach Volleyball Club invites all boys and girls to sign up for our youth league. After an initial seeding night, teams will be assigned games each week in a ladder-style format. We encourage participants to sign up with a teammate, but we will work with individuals to place them with a partner for games. Games held at 15th and PCH. Visit www.goldencoastvolleyball.com for more details.

Beach Volleyball CA Inc **City Beach**
141329-2A 12-17 yrs Su 3 - 4:30pm 1/17 - 3/20 \$150

BEACH VOLLEYBALL: BOYS WINTER TRAINING

Trainings consist of learning the skills and strategies of 2-A-Side beach volleyball and then implementing this during game play. Sign up for 1 class for \$150 or 2 classes for \$260. Class meets at 15th and PCH.

Beach Volleyball CA Inc **City Beach**
141330-2A 12-17 yrs M 3:30 - 5pm 1/11 - 3/14 \$150
141330-2B 12-17 yrs Th 3:30 - 5pm 1/14 - 3/17 \$150

BEACH VOLLEYBALL: GIRLS WINTER TRAINING

Trainings consist of learning the skills and strategies of 2-a-side beach volleyball and then implementing this during game play. Sign up for 1 class for \$150 or 2 classes for \$260. Class meets at 15th and PCH.

Beach Volleyball CA Inc **City Beach**
141331-2A 12-17 yrs M 3:30 - 5pm 1/11 - 3/14 \$150
141331-2B 12-17 yrs Th 3:30 - 5pm 1/14 - 3/17 \$150

BEGINNER WRESTLING WITH OCG

This ground-breaking & super-fun OCG youth program is a first of its kind for HB. Basic wrestling skills are taught in a dynamic environment utilizing positive reinforcement, instructional drills, and technique-oriented games. The focus is on skill-development & fun! For more info 949-439-6156 or www.facebook.com/OrangeCountyGrappling.

Orange County Youth Sports Academy **Murdy Community Center**
141338-1A 5-9 yrs Th 5:30 - 6:30p 1/14-3/17 \$150
141338-1B 10-14 yrs Th 6:30 - 7:30p 1/14-3/17 \$150



Parks and Recreation
promote good health

SKYHAWKS BASKETBALL

This fun, skill-intensive program is designed for the beginning to intermediate player. An active class of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. Each child will receive a T-shirt.
No Class Dates: Jan-18, Feb-15

Skyhawks Sports Academy Inc **Murdy Community Center**
141302-1A 7-10 yrs M 6:30 - 7:30pm 1/11 - 3/14 \$125

SKYHAWKS INSTRUCTIONAL BASKETBALL LEAGUE

This innovative program encourages children to play, have fun, and enjoy the game, without the added pressure of coaches, referees, and parents. No set teams or assigned coaches mean more focus on skill development and fun! After a short practice, small-sided teams will be selected and supervised game play will ensue.

Skyhawks Sports Academy Inc **Edison Community Center**
141303-2A 5-7 yrs Th 4 - 5:30pm 1/14 - 3/3 \$125
141303-2B 7-10 yrs Th 5:30 - 7pm 1/14 - 3/3 \$125

VOLLEYBALL: HB ACES INDOOR

Formally known as Jr. Spikers, HB Aces continues on as the after-school alternative to the high costs and demands of club volleyball. Students can expect to learn the basics of the game in a fun yet challenging environment. Classes will include instruction on technique, drills to reinforce, and plenty of team play. All players will receive an HB Aces T-Shirt on the first day of class!
No Class Dates: Jan-18, Feb-15

Matt Taylor **City Gym and Pool**
141309-3A 10-12 yrs M 3:30-4:45pm 1/11-3/21 \$153
141309-3B 12-14 yrs M 4:45-6pm 1/11-3/21 \$153
141309-3C 10-12 yrs Th 3:30-4:45pm 1/21-3/17 \$153
141309-3D 12-14 yrs Th 4:45-6pm 1/21-3/17 \$153

JUNIOR BASKETBALL

Boys and girls 6 to 8 years old will be introduced to the basics of basketball in the semi-competitive clinic-based program. Drills, basketball techniques, and basketball games will be used to teach the FUNdamentals of basketball. Every player will receive a HB recreation jersey! Sign up at your local community center or online at hbsands.org

Youth Sports Staff **City Gym and Pool**
141312-3A 6-8 yrs Sa 10:30 - 11:20am 1/30 - 3/5 \$55

Youth Sports Staff **Edison Community Center**
141312-2A 6-8 yrs Sa 10:30 - 11:20am 1/30 - 3/5 \$55

Youth Sports Staff **Murdy Community Center**
141312-1A 6-8 yrs Sa 10:30 - 11:20am 1/30 - 3/5 \$55

INDOOR COED BASKETBALL LEAGUE

The City of Huntington Beach Coed Youth Basketball program provides a fun and competitive league in an instructional environment where the youth of the community can enjoy sports. All players in the 3rd thru 8th grades who are interested in playing basketball may sign up at City Gym, Murdy or Edison Community Centers. Sign-ups will begin on November 17, 2015 and will continue on a daily basis until evaluation day, January 16, 2016. Every participant will receive a team shirt. All games will be played on Saturday. Evaluations will be held at City Gym and Pool. If you have any questions, please contact the recreation coordinator at (714) 960-8884.

Youth Sports Staff **City Gym and Pool**
141315-3A 7th - 8th Grade Sa 12:30 - 1:30pm 1/16 - 3/26 \$55
141315-3B 5th - 6th Grade Sa 11am - 12pm 1/16 - 3/26 \$55
141315-3C 3rd - 4th Grade Sa 9:30 - 10:30am 1/16 - 3/26 \$55



ICE HOCKEY SKATING SKILLS

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session.

The Rinks Westminster ICE **13071 Springdale, Westminster**
141323-1A 6-16 yrs W 6:10 - 6:40pm 1/13 - 2/3 \$37
141323-1B 6-16 yrs W 6:10 - 6:40pm 2/17 - 3/9 \$37
141323-1C 6-16 yrs Sa 10:45 - 11:15am 1/16 - 2/6 \$37
141323-1D 6-16 yrs Sa 10:45 - 11:15am 2/20 - 3/12 \$37

BEGINNING ICE SKATING

Enjoy the Winter Olympics' most beautiful sport. Figure Skating. Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00pm for Wednesday class and 12:00-2:00pm for Saturday), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

The Rinks Westminster ICE **13071 Springdale, Westminster**
141324-1A 6-16 yrs W 5:10 - 5:40pm 1/13 - 2/3 \$37
141324-1B 6-16 yrs W 5:10 - 5:40pm 2/17 - 3/9 \$37
141324-1C 6-16 yrs Sa 10:45 - 11:15am 1/16 - 2/6 \$37
141324-1D 6-16 yrs Sa 10:45 - 11:15am 2/20 - 3/12 \$37

SOCCER 1

Fun skill games are player at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Each child receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer **Murdy Community Center**
141335-1A 5-6 yrs Sa 3 - 3:45pm 1/30 - 3/19 \$97

SOCCER 2

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! Each child receives a soccer jersey. Shin guards are required after the first meeting.

Kidz Love Soccer **Murdy Community Center**
141336-1A 7-10 yrs Sa 2:15 - 3pm 1/30 - 3/19 \$97

SKYHAWKS BEGINNING GOLF

Children will learn the fundamentals of swinging, putting, and body positioning. Using the SNAG (Starting New at Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided.

Skyhawks Sports Academy Inc			Edison Community Center		
141337-2A	5-7 yrs	M	4 - 5pm	1/11 - 2/29	\$89
141337-2B	8-11 yrs	M	5 - 6pm	1/11 - 2/29	\$89

SPEED AND AGILITY

This amazing Program teaches youth to run faster, while having fun in a positive environment. Youth will improve foot speed, form, body mechanics, and increase sprint speed, core strength, reaction time, change of direction and quickness via ladder drills, skills games, and relay races. For more information: oc-ysa.org/speed-agility.

Orange County Youth Sports Academy			Lake Park		
141339-1A	8-18yrs	M	4:30-5:30p	1/11 - 2/15	\$120
141339-1B	8-18yrs	M	4:30-5:30p	2/29-3/21	\$80
141339-1C	8-18yrs	Tu	4:30-5:30p	1/12-2/16	\$120
141339-1D	8-18yrs	Tu	4:30-5:30p	2/23-3/22	\$100
141339-1E	8-18yrs	W	4:30-5:30p	1/13-2/17	\$120
141339-1F	8-18yrs	W	4:30-5:30p	2/24-3/23	\$100

SURF AND SKATE

OC ROLLER KIDS

Has your child expressed interest in playing hockey or roller derby? This class is designed for the aspiring skater. Drills range from beginner to advanced, based on the individual skater needs. Skaters to wear roller skates or inlines, protective gear - helmet, knee/elbow pads, and wrist guards.

Elena Parra			Edison Community Center		
141406-2A	6-13 yrs	Sa	10 - 11am	1/16 - 2/13	\$55

BEGINNER SURF CLASS

Are you ready to take your skills to the next level? This 1-hour class is designed for beginners, and will help you improve your board riding ability, master basic skills and understand the ocean better. Must be at least 8yrs old and a proficient ocean swimmer. Boards/wetsuits can be provided.

HB Surf School			City Beach		
141407-2A	8-16 yrs	Sa	10 - 11am	1/9 - 1/30	\$140
141407-2B	8-16 yrs	Sa	10 - 11am	2/6 - 2/27	\$140
141407-2C	8-16yrs	Sa	10-11am	3/5 - 3/26	\$140

SURFING: INTERMEDIATE SURF CLASS

Are you ready to take your skills to the next level? This class is designed for intermediate surfers who are paddling out the back and catching open face waves. This class meets for one hour each week, and is designed to help you improve your skills with basic maneuvers, wave selection, and understanding the ocean.

HB Surf School			City Beach		
141410-2A	8-16 yrs	Tu	3:15 - 4:15pm	1/5 - 1/26	\$140
141410-2B	8-16 yrs	Tu	3:15 - 4:15pm	2/2 - 2/23	\$140
141410-2C	8-16 yrs	Tu	3:15 - 4:15pm	3/1 - 3/22	\$140
141410-2D	8-16 yrs	W	3:15 - 4:15pm	1/6 - 1/27	\$140
141410-2E	8-16 yrs	W	3:15 - 4:15pm	2/3 - 2/24	\$140
141410-2F	8-16yrs	W	3:15 - 4:15pm	3/2 - 3/23	\$140

Skateboarding

BIRTHDAY PARTY



SPORTS COMPLEX PARKING LOT

Celebrate your birthday with your friends by riding ramps and getting skateboarding instruction from an experienced coach in the Skatedogs private skatepark. All parties include instruction, free skate, and fun games! For more information contact Skatedogs at 714-313-8787.

TEEN/ADULT

AQUATIC EXERCISE

AQUATIC BODY BUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental is \$3 per class to be paid each class. Questions: aquatonefitness@aol.com.

Aqua Tone Fitness				City Gym and Pool	
150802-3A	16 yrs +	F	6:45-8:00am	1/15-2/12	\$53
150802-3B	16 yrs +	F	6:45-8:00am	2/19-3/25	\$63
150802-3C	16 yrs +	W	8:15-9:25am	1/13-2/10	\$53
150802-3D	16 yrs +	W	8:15-9:25am	2/17-3/23	\$63
150802-3E	16 yrs +	M	8:15-9:25am	1/11-2/8	\$44
150802-3F	16 yrs +	M	8:15-9:25am	2/22-3/21	\$53

AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery.

Debra Thurn				City Gym and Pool	
150806-3A	16 yrs +	M, W, F	12:15-1:15pm	1/11-1/29	\$74
150806-3B	16 yrs +	M, W, F	12:15-1:15pm	2/1-2/26	\$84
150806-3C	16 yrs +	M, W, F	12:15-1:15pm	3/7-4/1	\$84
150806-3D	16 yrs +	Tu, Th	12:30-1:30pm	1/12-2/4	\$48
150806-3E	16 yrs +	Tu, Th	12:30-1:30pm	2/2-2/25	\$58
150806-3F	16 yrs +	Tu, Th	12:30-1:30pm	3/1-3/24	\$58

AQUATIC EXERCISE: AQUA-EVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: aquatonefitness@aol.com.

Aqua Tone Fitness				City Gym and Pool	
150804-3F	16 yrs +	M, W, F	5:30-6:30pm	1/11-2/12	\$118
150804-3G	16 yrs +	M, W, F	5:30-6:30pm	2/19-3/25	\$133
150804-3H	16 yrs +	M, W	5:30-6:30pm	1/11-2/10	\$73
150804-3I	16 yrs +	M, W	5:30-6:30PM	2/17-3/23	\$88
150804-3J	16 yrs +	F	5:30-6:30PM	1/15-2/12	\$43
150804-3K	16 yrs +	F	5:30-6:30PM	2/19-3/25	\$51
150804-3L	16 yrs +	W	5:30-6:30pm	1/13-2/10	\$43
150804-3M	16 yrs +	W	5:30-6:30pm	2/22-3/23	\$51
150804-3N	16 yrs +	M	5:30-6:30pm	1/11-2/8	\$36
150804-3O	16 yrs +	M	5:30-6:30pm	2/22-3/21	\$43

Register Online!
www.hbsands.org

AQUA-FIT: FAT BURNING

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program.

Debra Thurn & Jamie Fowler				City Gym and Pool	
150805-3A	16 yrs +	M, W	1:15-2:00pm	1/11-1/25	\$70
150805-3B	16 yrs +	M, W	1:15-2:00pm	2/1-2/29	\$70
150805-3C	16 yrs +	M, W	1:15-2:00pm	3/7-3/30	\$70
150805-3D	16 yrs +	F	11am-12pm	1/15-1/29	\$45
150805-3E	16 yrs +	F	11am-12pm	2/5-2/26	\$45
150805-3F	16 yrs +	F	11am-12pm	3/4-3/25	\$45

AQUATIC EXERCISE: AQUA TONE

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com.

Aqua Tone Fitness				City Gym and Pool	
150808-3A	16 yrs +	M, W	7-8am	1/11-2/10	\$73
150808-3B	16 yrs +	M, W	7-8am	2/22-3/21	\$88
150808-3C	16 yrs +	M	7-8am	1/11-2/8	\$36
150808-3D	16 yrs +	M	7-8am	2/22-3/21	\$43
150808-3E	16 yrs +	W	7-8am	1/13-2/10	\$43
150808-3F	16 yrs +	W	7-8am	2/17-3/23	\$51
150808-3G	16 yrs +	Tu, Th	7-8am	1/12-2/11	\$81
150808-3H	16 yrs +	Tu, Th	7-8am	2/16-3/24	\$96
150808-3I	16 yrs +	Tu, Th	8:20-9:20am	1/12-2/11	\$81
150808-3J	16 yrs +	Tu, Th	8:20-9:20am	2/16-3/24	\$96
150808-3K	16 yrs +	F	8:20-9:20am	1/15-2/12	\$43
150808-3L	16 yrs +	F	8:20-9:20am	2/19-3/25	\$51
150808-3M	16 yrs +	Sa	7-8am	1/16-2/13	\$43
150808-3N	16 yrs +	Sa	7-8am	2/20-3/26	\$51

AQUATIC EXERCISE: H2O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H₂O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: aquatonefitness@aol.com.

Aqua Tone Fitness				City Gym and Pool	
150821-3A	16 yrs +	F	9:30-10:15am	1/15-2/12	\$43
150821-3B	16 yrs +	F	9:30-10:15am	2/19-3/25	\$51

HUNTINGTON BEACH MERMAID SWIM CLUB

Shed your day persona and slip into your mermaid tails with other mermaids and slim your waist away. Play and fantasy makes this class fun and mystical. Bring your own mermaid tail or instructor will hand out information for how to purchase your own.

Debra Thurn				City Gym and Pool	
Beginner					
15116-3A	7 yrs +	Tu	12:30-1:00pm	1/12-2/2	\$45
15116-3B	7 yrs +	Tu	12:30-1:00pm	2/9-3/1	\$56
15116-3C	7 yrs +	Tu	12:30-1:00pm	3/8-3/29	\$56
Advanced					
15116-3D	16 yrs +	F	6:45-7:45pm	1/15-2/2	\$45
15116-3E	16 yrs +	F	6:45-7:45pm	2/5-2/26	\$56
15116-3D	16 yrs +	F	6:45-7:45pm	3/4-3/25	\$56

WATERCOLOR PAINTING

This class is for beginning to advanced students to learn the joys and pitfalls of watercolor painting. The focus will be on skills and techniques with weekly demonstrations and critiques. Materials list provided on receipt.

Diane Merrill

HB Art Center

150116-4A 13 yrs + Tu 9:30am - 12:30pm 1/12 - 2/16 \$104/94

METAL CLAY WORKSHOP

Metal Clay Workshop is open to all levels of metal clay artists. Whether you have never opened a packet of metal clay or have many projects under your belt this workshop is for you. Beginners will be making a pendant while more practiced students will set a cabuchon in a bezel after firing. All tools provided by instructor with a \$5 use fee.

Laura Moore

HB Art Center

150129-4A 16 yrs + W 5:30 - 7:30pm 2/17 - 3/23 \$136/123

INTRO/INTERMEDIATE ACRYLIC PAINTING

The course is designed to introduce the basic elements of acrylic painting. All skill levels are welcome. Students will explore the many ways paint can be handled through demonstrations and observation based painting. Instruction will be given on preparation of materials, color, light, texture, transparency, composition, and technique.

Jose Loza

HB Art Center

150135-4A 12 yrs + Tu 5:45 - 7:45pm 1/12 - 3/22 \$116/105

DIGITAL PHOTOGRAPHY ADVANCED

Today's lens-based artist has access to more image-capturing options and methods for creating images than ever before. The advanced class curriculum prepares artists to take full advantage of traditional and contemporary tools in pursuit of creating significant, conceptually rigorous artwork. Kurt Weston MFA will lead critiques and technical tutorials.

Kurt Weston

HB Art Center

150136-4A 18 yrs+ F 1 - 3:30pm 1/15 - 2/19 \$96/87

WATERCOLORS LOOSE & FREE

Sharpen your watercolor skills. Focus on color mixing, direct brush work, exploring texture and designing with color. Subject matter ranges from still life to naturescapes and abstract compositions.

Eileen McCullough

HB Art Center

150137-4A 16 yrs + Th 9:30am - 12:30pm 2/4 - 3/24 \$150/136



ART IN THE AFTERNOON

This class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. Color theory, drawing exercises, right brain exercises, and elements of art will be incorporated in this course. Students in this class will be eligible to participate in an Art Show. Materials list.

Pati Kent

HB Art Center

150103-4A 12 yrs + Tu 2:45 - 4:15pm 1/12 - 2/9 \$114/103

150103-4B 12 yrs + Tu 2:45 - 4:15pm 2/23 - 3/22 \$114/103

DIGITAL PHOTOGRAPHY BEGINNING

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills, and pursue your own photographic vision while using the digital camera of your choice.

Kurt Weston

HB Art Center

150109-4A 16 yrs + F 3:30 - 5:30pm 1/15 - 2/19 \$96/87

150109-4B 16 yrs + Sa 2:45 - 4:30pm 1/16 - 2/20 \$96/87

DIGITAL PHOTOGRAPHY INTERMEDIATE

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

Kurt Weston

HB Art Center

150110-4A 16 yrs + Sa 1 - 2:45pm 1/16 - 2/20 \$96/87

LANDSCAPE PAINTING IN OIL

This beginning oil painting class uses the landscape to help you develop and strengthen your artistic abilities. Color mixing, relationships of dark and light, plus good composition are emphasized. The goal of this class is to help you see and interpret the landscape as shape, form and color.

Jim Ellsberry

HB Art Center

150114-4A 18 yrs + W 9:30am - 12:30pm 1/13 - 2/17 \$104/94

PAINTING AND DRAWING

Develop painting and drawing skills using different techniques through demos and lecture, or use class as studio time. Watercolor, oil, acrylics, pastels, pencils and more are welcome!

Marilyn Oropeza

Rodgers Seniors' Center

150115-5A 18 yrs + Tu 8:30 - 11:30am 1/12 - 2/16 \$50

150115-5B 18 yrs + Tu 8:30 - 11:30am 2/23 - 3/29 \$50

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promote sensitivity
to cultural diversity

CREATING ARTIST PRESENTATIONS USING POWERPOINT

Kurt Weston (MFA) instructs this class and will assist emerging and established artists to clearly articulate their artistic intent. Artists will be instructed on writing effective artists statements, creating their own Powerpoint presentations and refining their oral presentation skills. Some computer skills and Powerpoint for Windows or Mac required.

Kurt Weston **HB Art Center**
150138-4A 18 yrs + Th 1 - 3pm 1/14 - 2/18 \$96/87

PAINT PEN TECHNIQUES

An easy to use medium, paint pens are a great way to express your creative side. Beginners to intermediate students will benefit from paint pen techniques, color theory, and basic drawing skills taught throughout the course.

Sam Bernal **HB Art Center**
150139-4A 12 yrs + W 3:30 - 5:30pm 1/13 - 2/10 \$121/109

COMPUTERS

BEGINNING COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. \$5 suggested donation is due at the first class.

RSC Volunteer **Rodgers Seniors' Center**
150200-5A 18 yrs + Tu 9 - 11:30am 1/5 - 1/26 \$15
150200-5B 18 yrs + Tu 9 - 11:30am 2/2 - 2/23 \$15
150200-5C 18 yrs + Tu 9 - 11:30am 3/1 - 3/22 \$15

BUYING ON THE INTERNET

Discuss advantages to purchasing on the internet, including comparison shopping, product details and reviews from other buyers. Learn how to efficiently search the internet using various search engines, search bars and address bars. Acquire the skills and comfort to help you get the best bang for your buck online! Advanced registration strongly advised.

Joel Lander **Rodgers Seniors' Center**
150202-5A 18 yrs + F 9am - 12pm 1/22 - 1/22 \$38

ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save information and find it. Also learn e-mailing, attaching files to e-mails, downloading, backing-up info on your computer and much more. Friendly, well-paced atmosphere. Experienced and patient teacher. Advanced registration strongly advised.

Joel Lander **Rodgers Seniors' Center**
150205-5A 18 yrs + Th 9am - 12pm 2/11 - 2/25 \$72

FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

Joel Lander **Rodgers Seniors' Center**
150201-5A 18 yrs + F 9am - 12pm 1/15 \$38
150201-5B 18 yrs+ Th 2 - 5pm 3/10 \$38

MS WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important tabs and ribbon. A suggested donation of \$5 is due at the first class.

RSC Volunteer **Rodgers Seniors' Center**
150209-5A 18 yrs + W 9am - 12pm 1/6 - 1/27 \$15
150209-5B 18 yrs+ W 9am - 12pm 3/9 - 3/30 \$15

ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7, or 8. Class requires basic computer skills. Advanced registration strongly advised.

Joel Lander **Rodgers Seniors' Center**
150210-5A 18 yrs + Th 2 - 5pm 1/7 - 1/14 \$66
150209-5B 18 yrs+ W 9am - 12pm 3/10 - 3/17 \$66

WINDOWS 7 MADE EASY

Learn to navigate and use Windows 7 to your advantage. Personalize your computer. Design your desktop. Understand the Start menu and taskbar. Understand the libraries and Accessories. Take advantage of the control panel and the many adjustments available in Windows 7. Ask questions, share and discover. Requires basic computer skills.

Joel Lander **Rodgers Seniors' Center**
150211-5A 18 yrs + Th 2 - 5pm 2/11 - 2/18 \$66

INTRO TO WINDOWS 8

This is a 3-hour, starter workshop. Explore some new features in Windows 8/10. The start screen, desktop, tiles, charms, side bars and more. Also, a discussion on organizing your files & folders and backing up your computer. NOTE: This class is for individuals with basic computer experience, not for beginners.

Joel Lander **Rodgers Seniors' Center**
150212-5A 18 yrs + F 9am - 12pm 1/8 \$38
150212-5B 18 yrs + W 6 - 9pm 1/20 \$38
150212-5C 18 yrs + Sa 9am - 12pm 2/20 \$38
150212-5D 18 yrs + Th 6 - 9pm 2/25 \$38
150212-5E 18 yrs+ Sa 9am - 12pm 3/12 \$38
150212-5F 18 yrs+ Th 2 - 5pm 3/17 \$38

Register Online!
www.hbsands.org

PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more. Advanced registration strongly advised.

Joel Lander				Rodgers Seniors' Center	
150214-5A	18 yrs +	Th	9am - 12pm	1/7 - 1/21	\$72
150214-5B	18 yrs +	F	9am - 12pm	2/12 - 2/26	\$72

INTRODUCTION TO THE INTERNET

This class will help you get familiar with using the internet, with its search engines, how to use email and how to find certain information. While we do this we will focus on keeping your identify safe online. This course is for beginners.

Marga Rekers OCSeniors Club				Rodgers Seniors' Center	
150216-5A	55 yrs +	M	9 - 11am	2/22 - 3/14	\$65

PROTECTING YOUR ONLINE IDENTITY

We will explain how to set up strong passwords and '2-step verification', why you should have multiple email addresses, how to detect identity theft early, how to protect your computer(s), and steps to consider when using the internet, social media and that free wireless connection at the airport.

Marga Rekers OCSeniors Club				Rodgers Seniors' Center	
150217-5A	55 yrs +	M	11:15am - 12:15pm	2/22 - 3/14	\$40

INTRODUCTION TO FACEBOOK

You will set up your Facebook account, adjust basic settings and learn how to use it. At the end of this class you will understand the Facebook lingo, and you will know the latest on the do's and don'ts of Facebook.

Marga Rekers OCSeniors Club				Rodgers Seniors' Center	
150218-5A	55 yrs +	M	1:30 - 2:30pm	2/22 - 3/14	\$40

SMARTPHONES & TABLETS

This class will focus on how to set up and use your smartphones and tablets with apps that interest you. We will give you some tips and tricks on how to get the most out of your phone or tablet and help you fix some of the most common issues. Please bring your phone or tablet, fully charged.

Marga Rekers OCSeniors Club				Rodgers Seniors' Center	
150219-5A	18 yrs +	M	2:45 - 3:45pm	2/22 - 3/14	\$40

COOKING

CAJUN COOKIN'

Just in time for a Fat Tuesday Party. Learn about spices and seasonings that make your Cajun dishes pop! Impress your friends with Cajun-style red beans and rice, gumbo, jambalaya, shrimp etouffe, hush puppies, and key lime pie. Also learn to make the perfect roux. Take home tons of recipes. \$15 materials fee due at first class.

April Berg				Edison Community Center	
150306-2A	18 yrs +	Tu	6:15 - 9:15pm	2/2	\$35

CAKE DECORATING:

BUILDING BUTTERCREAM SKILLS

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Why not bring a friend? You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes.

Rebecca Mejia				Murdy Community Center	
150301-1A	13 yrs +	Tu	6 - 8pm	1/12 - 2/2	\$50
150301-1B	13 yrs +	Tu	6 - 8pm	2/9 - 3/1	\$50

CAKE DECORATING: GUM PASTE & FONDANT

The course will open thrilling possibilities for your cakes. You'll create incredible stand-up decorations by hand using gum paste and fondant from flowers with delicate ruffled layers of petals to thrilling bows in bold colors to exciting effects. It's a whole new way to decorate! Book is extra. Must have taken Cake Decorating: Basic Beginnings before this class.

Rebecca Mejia				Murdy Community Center	
150304-1A	13 yrs +	W	6 - 8pm	2/17 - 3/9	\$50

FUN WITH FISH

Learn to make the most incredible fish dishes. You will master poaching, baking, frying, grilling, and sauteing the perfect fish and shellfish. You will also learn how to make marinades and the sauces to accompany your fish and shellfish. Take home lots of recipes. Come hungry! \$15 material fee payable to instructor.

April Berg				Edison Community Center	
150309-2A	18 yrs +	Tu	6:15 - 9:15pm	3/22 - 3/22	\$35

FUN WITH SUSHI

Create your own sushi bar at home for your friends and family. Learn to make sushi rice, miso soup, California roll, massago, maguro, sake, Japanese omelet, spicy tuna, and more. This is a hands-on class - bring a sharp knife. Preparation supplies will be available in class. There is a \$15 material fee payable in class.

April Berg				Edison Community Center	
150305-2A	18 yrs +	Tu	6:15 - 9:15pm	3/1	\$35

VEGETARIAN, VEGAN, AND GLUTEN FREE

The key to a vegetarian and vegan diet is variety. You will learn how to make the most delicious meals starting with appetizers, a variety of salads with dressings that are vegan and gluten free, whole grain dishes, main courses, and baking vegan style. Also how to make substitutions for cheeses and dairy. You will be amazed at the explosion these dishes will have on your taste buds. \$15 materials fee due at first class.

April Berg				Edison Community Center	
150308-2A	18 yrs +	Tu	6:15 - 9:15pm	1/12	\$35



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DANCE

ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free.

Huntington Academy of Dance **City Gym and Pool**
150442-3A 13 yrs + M 7 - 8pm 1/11 - 3/21 \$95

Huntington Academy of Dance **16601 Gothard Street, Suite A**
150442-1A 13 yrs + W 7:30 - 8:30pm 1/13 - 3/9 \$95

BALLET & BALLET STRETCH FOR OLDER ADULTS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process.

Huntington Academy of Dance **16601 Gothard St**
150426-1A 50 yrs + M 12:30 - 1:30pm 1/4 - 2/8 \$49
150426-1B 50 yrs + M 12:30 - 1:30pm 2/15 - 3/21 \$49

BALLROOM & SWING

You'll learn one of the elegant ballroom dances: Waltz (weddings), Foxtrot, or Rumba plus the jazzy swing! Classic dance moves will give you confidence at weddings, cruises, and parties. No Partner needed. *No Class Dates: Jan-18, Feb-15*

Kaylaa Fox **Edison Community Center**
150407-2A 16 yrs + M 7 - 8pm 1/11 - 2/8 \$49
150407-2B 16 yrs + M 7 - 8pm 2/22 - 3/14 \$49

DANCE: CHA CHA

The Cha Cha is a vibrant, flamboyant and playful dance. The light and bubbly feel of the Cha Cha gives it a unique sense of fun. The Cha Cha requires lots of hip motion (Cuban motion), as it is danced in 4/4 time. Bring a partner if you can!

Hazard William E **Rodgers Seniors' Center**
150448-5A 16 yrs + Tu 7:30 - 8:30pm 1/5 - 1/26 \$39

DANCE: COUNTRY LINE

Country line dance your way to the next night club, dance, or wedding. Learn easy, popular, step by step line dances taught by a patient instructor. This is a great way to have a good time while burning some calories. \$2 materials fee due at first class.

Kaylaa Fox **Edison Community Center**
150413-2A 16 yrs + W 7:30 - 8:15pm 1/20 - 2/10 \$49
150413-2B 16 yrs + W 7:30 - 8:15pm 2/17 - 3/9 \$49

Kaylaa Fox **Murdy Community Center**
150413-1A 16 yrs + Th 7 - 7:45pm 1/21 - 2/11 \$49
150413-1B 16 yrs + Th 7 - 7:45pm 2/18 - 3/10 \$49

DANCE: COUNTRY TWO STEP

COUNTRY IS BIG! Country Two Step is the top dance at Country Nightclubs and Country Events. You will learn the Two Step and be out having a great country good time socializing and meeting new people. No Partner needed. \$2 supply fee.

Kaylaa Fox **Edison Community Center**
150415-2A 16 yrs + W 8:15 - 9pm 1/20 - 2/10 \$49
150415-2B 16 yrs + W 8:15 - 9pm 2/17 - 3/9 \$49

Kaylaa Fox **Murdy Community Center**
150415-1A 16 yrs + Th 7:45 - 8:30pm 1/21 - 2/11 \$49
150415-1B 16 yrs + Th 7:45 - 8:30pm 2/18 - 3/10 \$49

DANCE: RHUMBA

Rhumba is a sensual dance with Cuban Motion which I have an easy way to teach you. A lot of attention will be on following and leading. Bring a partner if you can!

Hazard William E **Rodgers Seniors' Center**
150445-5A 16 yrs + Tu 7:30 - 8:30pm 3/1 - 3/22 \$39

DANCE: SALSA

Sizzling Salsa is the Latin craze. Join and learn all the patterns that will make you able to dance right away and socialize at all the Latin connections. No partner needed. \$2 supply fee. *No Class Dates: Jan-18*

Kaylaa Fox **Edison Community Center**
150421-2A 16 yrs + M 8 - 8:45pm 1/11 - 2/8 \$49
150421-2B 16 yrs + M 8 - 8:45pm 2/22 - 3/14 \$49

Kaylaa Fox **Murdy Community Center**
150421-1A 16 yrs + Th 8:30 - 9:15pm 1/21 - 2/11 \$49
150421-1B 16 yrs + Th 8:30 - 9:15pm 2/18 - 3/10 \$49

DANCE: SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. HOSTED BY MICHAEL and OLIVA LAI

Kaylaa Fox **Murdy Community Center**
150422-1A 16 yrs + Th 6:15 - 7:15pm 1/21 - 2/11 \$40
150422-1B 16 yrs + Th 6:15 - 7:15pm 2/18 - 3/10 \$40

DANCE: SWING BASICS

Fun and easy Swing Dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary. HOSTED BY MICHAEL and OLIVA LAI

Kaylaa Fox **Murdy Community Center**
150423-1A 16 yrs + Th 8:15 - 9:15pm 1/21 - 2/11 \$40
150423-1B 16 yrs + Th 8:15 - 9:15pm 2/18 - 3/10 \$40

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reduce stress

DANCE: SWING INTERMEDIATE

Move on to Swing intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed. HOSTED BY MICHAEL and OLIVAI LAI

Kaylaa Fox				Murdy Community Center
150424-1A	16 yrs +	Th	7:15 - 8:15pm	1/21 - 2/11 \$40
150424-1B	16 yrs +	Th	7:15 - 8:15pm	2/18 - 3/10 \$40

DANCE: TANGO

Tango is one of the most fascinating of all dances. The tango is a sensual ballroom dance that originated in South America and is performed by a man and a woman, expressing an element of romance in their synchronized movements. Bring a partner if you can!

Hazard William E				Rodgers Seniors' Center
150447-5A	16 yrs +	Tu	7:30 - 8:30pm	2/2 - 2/23 \$39

NEW BEGINNER LINE DANCE

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music.

Suzu Hazard				Rodgers Seniors' Center
150434-5A	18 yrs +	F	3 - 4pm	1/8 - 3/18 \$59

LINE DANCE LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! **Prerequisite: New Beginner Line Dance**

Suzu Hazard				Rodgers Seniors' Center
150419-5A	18 yrs +	F	4 - 5pm	1/8 - 3/18 \$59

LINE DANCE FITNESS LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. **Recommended prerequisite: Introduction Class or previous dance experience.**

Suzu Hazard				Rodgers Seniors' Center
150428-5A	18 yrs +	W	3 - 4:30pm	1/6 - 3/16 \$59

LINE DANCE FITNESS 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. **No Class Dates: Jan-18, Feb-15**

Suzu Hazard				Rodgers Seniors' Center
150433-5A	18 yrs +	M	3:15 - 4:45pm	1/4 - 3/14 \$49

LINE DANCE FITNESS 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great Physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years.

Suzu Hazard				Rodgers Seniors' Center
150420-5A	18 yrs +	W	1 - 2:30pm	1/6 - 3/16 \$59

PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor.

SockhopFitness				Edison Community Center
150402-2A	6 yrs +	TBA	1/11 - 3/29	\$60

TAP CLASS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory.

Renee Roseth				Rodgers Seniors' Center
150437-5A	18 yrs +	M	5 - 6pm	1/4 - 3/14 \$175
150437-5B	18 yrs +	Tu	5 - 6pm	1/5 - 3/15 \$175

TAP-INTERMEDIATE/ADVANCED

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An intermediate routine will be taught.

Renee Roseth				Rodgers Seniors' Center
150438-5A	18 yrs +	M	6 - 7pm	1/4 - 3/14 \$175
150438-5B	18 yrs +	Tu	6 - 7pm	1/5 - 3/15 \$175

TUPUA'S POLYNESIAN BEGINNING/INTERMEDIATE

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required.

Melody Seanoa				Rodgers Seniors' Center
150440-5A	14 yrs +	Tu	6:30 - 7:30pm	1/12 - 2/9 \$50
150440-5B	14 yrs +	Tu	6:30 - 7:30pm	2/16 - 3/15 \$50



Register Online! www.hbsands.org

DOG TRAINING

AKC CANINE GOOD CITIZEN TEST

If your dog has already learned basic obedience commands and is relaxed and friendly around other dogs and people, sign him up to be tested in ten skill areas and have him earn his Canine Good Citizen certificate from American Kennel Club! Please call (714) 532-3647 if you'd like a list of the 10 skills to be tested

Dog Services Unlimited **Edison Community Center**
150503-2A 10 yrs + Tu 8:30 - 9:15pm 2/23 - 3/1 \$26

CRASH COURSE IN CANINE MANNERS

Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Dogs attend all meetings. Bring current shot records and \$5 materials fee due at first class. **Pre-registration is required.**

Dog Services Unlimited **Murphy Community Center**
150506-1A 10 yrs + M 7:30 - 8:45pm 2/29 - 3/21 \$82

DOG - FRISBEE: CATCH THE FUN!

In this one-day workshop, you & your dog can start learning the fun sport of Frisbee Toss-N-Fetch! Includes throwing techniques, safety, and motivating your dog to go for a disc, and bring it back. Pre-registration is required! Bring current shot records & \$5 materials fee. (includes Frisbee) Class meets on grass near Dog Park, Edwards & Inlet.

Dog Services Unlimited **Dog Park**
150509-1A 10 yrs + Su 3:30 - 5pm 1/24 \$29

DOG OBEDIENCE BEGINNING

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc.). Trophies and certificates awarded at graduation. First meeting inside building, **WITHOUT DOGS**. Bring shot records and \$10 materials fee (includes training manual).

Dog Services Unlimited **Edison Community Center**
150504-2A 10 yrs + Tu 7:30 - 8:30pm 1/19 - 3/1 \$95
150504-2B 10 yrs + W 6 - 7pm 1/13 - 2/24 \$95

Dog Services Unlimited **Murphy Community Center**
150504-1A 10 yrs+ Th 7 - 8pm 1/14 - 2/25 \$95

FLYBALL DOG TRAINING BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called". First class held without dogs. **No Class Dates: Feb-13, Mar-5**

Surf City Flyball **Central Park- Slater/Goldenwest Street**
150507-1A 18 yrs + Sa 9 - 10am 1/23 - 3/26 \$95

FLYBALL DOG TRAINING INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. **No Class Dates: Feb-13, Mar-5**

Surf City Flyball **Central Park- Slater/Goldenwest Street**
150508-1A 18 yrs + Sa 10 - 11:30am 1/23 - 3/26 \$95

PUPPY KINDERGARTEN

Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss housebreaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, **WITHOUT PUPPIES**. Bring vaccination records. \$10 materials fee due at first class, includes training manual.

Dog Services Unlimited **Murphy Community Center**
150502-1A 10 yrs + M 6:30 - 7:30pm 2/22 - 3/28 \$84

EDUCATIONAL

E-BAY SELLING BASICS

Learn the basics of selling: how to open an E-Bay selling account, how to decide what to sell. Little known tips on setting up your auctions and stealth secrets for creating an eyeball-grabbing listing. Hand-outs will be given and CPU points are available. Instruction will be presented using Power Point and the Internet.

David Krueger **Murphy Community Center**
150606-1A 16 yrs + Tu 7 - 9pm 1/19 - 2/2 \$79

ITALIAN: CONVERSATIONAL ITALIAN 1A

This Italian course will focus on the basics of conversational Italian and be geared to the most useful expressions and vocabulary for daily use and travel. It will meet once a week. Come and learn communication of daily activities, introductions and descriptions. The program is adjusted to the requests and abilities of the participants. No experience is required. *Ci vediamo!* (see you soon!)

Spectrum Languages **Edison Community Center**
150601-2A 18 yrs + Th 6:30 - 7:30pm 1/21 - 3/24 \$113

ITALIAN: CONVERSATIONAL ITALIAN 1B

This Italian course will be a continuation of Italian 1A with additional vocabulary learning, verb tense acquisition and again a focus on speaking in daily activities. The program is adjusted to the requests and abilities of the participants. Recommended for students with at least 10 hours of previous Italian learning. *Grazie mille!* (Thank you!).

Spectrum Languages **Edison Community Center**
150603-2A 18 yrs + Th 7:30 - 8:30pm 1/21 - 3/24 \$113

Register Online! www.hbsands.org

LEARNING BLACK HISTORY

Learn the truth about Black History from Africa to African-American. Celebrating and discussing our past struggles, accomplishments, inventors, leaders, and heroes. Classes are every 2nd and 4th Saturdays, 10:00a.m. - 12:00p.m.

OC Learning Black History

150610-5A 8 yrs + Sa 10am - 12pm 1/9 - 3/26 \$10

Rodgers Seniors' Center

SPANISH FOR FUN AND FOREVER-BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his or her message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives color visuals for mastery of the current vocabulary. \$5 activity fee due at first class.

Murnez Blades

150604-5A 18 yrs + Tu 6 - 7pm 1/12 - 2/16 \$84
150604-5B 18 yrs + Th 2 - 3pm 1/14 - 2/18 \$84

Rodgers Seniors' Center

HEALTH & FITNESS

AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, exercise ball (65cm), & grip socks. *No Class Dates: Jan-18*

HB Pilates

150833-3A 16 yrs + W 11 - 11:30am 1/13 - 2/17 \$45
150833-3B 16 yrs + W 11 - 11:30am 2/24 - 3/23 \$38

City Gym and Pool

HB Pilates

150833-2A 16 yrs + F 11:30am - 12pm 1/15 - 2/19 \$45
150833-2B 16 yrs + F 11:30am - 12pm 2/26 - 3/25 \$38

Edison Community Center

HB Pilates

150833-1A 16 yrs + M 11 - 11:30am 1/11 - 2/8 \$31
150833-1B 16 yrs + M 11 - 11:30am 2/22 - 3/21 \$38
150833-1C 16 yrs + W 6:30 - 7pm 1/13 - 2/17 \$45
150833-1D 16 yrs + W 6:30 - 7pm 2/24 - 3/23 \$38

Murdy Community Center

CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. *Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$128. *No Class Dates: Jan-18, Feb-15*

Susan Hardy

150835-1A 18 yrs + M,W,F 9:15 - 10am 1/11 - 3/18 \$106

Murdy Community Center

SENIOR CARDIOFIT

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated!

Marianne Grossman

150837-5A 55 yrs + Tu,F 9 - 9:45am 1/12 - 3/18 \$49

Rodgers Seniors' Center

CARDIO STRENGTH

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended.

Joanne Pridomirski

150850-2A 13 yrs + Tu,Th 8:45 - 9:45am 1/12 - 3/24 \$79

Edison Community Center

CARDIO STEP & BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat.

Susan Hardy

150851-2A 13 yrs + M,W,F 5:15 - 6:15pm 1/11 - 3/18 \$111

Edison Community Center

FITNESS FOR LIFE

Come join our work-out using body weight, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class.

Phil Hart

150838-5A 40 yrs + W 6 - 7pm 1/13 - 3/9 \$95

Rodgers Seniors' Center

HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. *Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$128. *No Class Dates: Jan-18, Feb-15*

Susan Hardy

150841-1A 18 yrs + M,W,F 8:30 - 9:15am 1/11 - 3/18 \$106

Murdy Community Center



KINETIC MINDFULNESS

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, urban meditation and creative imaging for practical and fulfilled living. *No Class Dates: Feb-15*

David Phears

Rodgers Seniors' Center

150815-5A 18 yrs + M 9:30 - 10:30am 2/1 - 3/28 \$100

KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

Julia Weber

Murdy Community Center

150842-1A 14 yrs + Tu 7 - 8pm 1/12 - 3/22 \$88

JAZZERCISE

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you RESULTS...fast. It's a calorie-torching, hip swiveling, Sharkia'd-be-proud dance party with a hot playlist to distract you from the burn. Stop working out and start working IT! Classes available Mondays and Fridays from 8-9am, and Tuesdays from 5:30-6:30pm.

Erica Den Hartog

City Gym and Pool

150853-3A 16 yrs + 10 Classes 1/11-3/21 \$68
150853-3B 16 yrs + 20 Classes 1/11-3/21 \$98

MEDITATION FOR BEGINNERS

Studies using magnetic resonance imaging (MRI) of the brain show that meditation protects the brain from the decline in gray matter volume as we age. In other words, meditation could protect your brain from shrinking as you get older. It also lowers blood pressure, leads to deeper relaxation and less stress, eases headaches, and many other benefits. Chairs will be provided. You may bring a large towel to place on the chair for comfort. Wear comfortable clothing.

Jacki King, E-RYT, CYT

Murdy Community Center

150912-1A 18+ Wed 5:20-5:50p 1/27-3/2 \$55

HB PILATES: LEAN & FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and hand weights. All other equipment provided. *No classes: Jan-18, Feb-15*

HB Pilates

Edison Community Center

150839-2A 16 yrs + M 9 - 10am 1/11 - 2/8 \$55
150839-2B 16 yrs + M 9 - 10am 2/22 - 3/21 \$68
150839-2C 16 yrs + F 9 - 10am 1/15 - 2/19 \$81
150839-2D 16 yrs + F 9 - 10am 2/26 - 3/25 \$68

HB Pilates

Murdy Community Center

150839-1A 16 yrs + Th 9 - 10am 1/14 - 2/18 \$81
150839-1B 16 yrs + Th 9 - 10am 2/25 - 3/24 \$68

HB PILATES STROLLER WORKOUT

Calling all mom's! Why hire a babysitter AND a trainer when you can work out with your little ones! Join us for a one hour workout that will have you bonding with your babies while sculpting and tightening your entire body! Kids 0-4 welcome. 2 kids max. Bring stroller, water, snacks. Email info@hbpilates.com for questions.

HB Pilates

Rodgers Seniors' Center

150825-5A 18 yrs + Tu 9 - 10am 1/12 - 2/16 \$84
150825-5B 18 yrs + Th 9 - 10am 1/14 - 2/18 \$84
150825-5C 18 yrs + Tu,Th 9 - 10am 1/12 - 2/18 \$144
150825-5D 18 yrs + Tu 9 - 10am 2/23 - 3/22 \$71
150825-5E 18 yrs + Th 9 - 10am 2/25 - 3/24 \$71
150825-5F 18 yrs + Tu,Th 9 - 10am 2/23 - 3/24 \$120

HB PILATES: 5 CLASS PASS

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5 pack of classes is good for any HB Pilates class: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, PILOXING, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. *No Class Dates: Jan-18, Feb-15*

HB Pilates

All Community Center Locations

150611-1A 16 yrs + M thru Sa 9am - 9pm 1/11 - 2/20 \$80
150611-1B 16 yrs + M thru Sa 9am - 9pm 2/22 - 3/26 \$80

HB PILATES: 10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10 class the pass for you! Mix and match your classes with any HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, PILOXING, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. *No Class Dates: Jan-18, Feb-15*

HB Pilates

All Community Center Locations

150612-1A 16 yrs + M thru Sa 9am - 9pm 1/11 - 2/20 \$160
150612-1B 16 yrs + M thru Sa 9am - 9pm 2/22 - 3/26 \$160



Register Online! www.hbsands.org



PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women to exercise throughout their pregnancy as they prepare for childbirth, and after pregnancy when their body is recovering. All exercises are specifically designed for prenatal/postnatal women. This class is suitable for women in their 1st, 2nd, and 3rd trimester and women 6-8 weeks postpartum, with doctor's approval. Drop-Ins: \$16. Please bring mat, towel, grip socks, and water.

HB Pilates

Murdy Community Center

150856-1A	18 yrs +	Th	6 - 7pm	1/14 - 2/18	\$84
150856-1B	18 yrs +	Th	6 - 7pm	2/25 - 3/24	\$71
150856-1C	18 yrs +	Private lesson 30 min class			\$46
150856-1D	18 yrs +	Private lesson 1 hour class			\$77

PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of it's low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. Email info: hbpilates.com for questions. *No Class Dates: Jan-18*

HB Pilates

Rodgers Seniors' Center

150879-5A	18 yrs +	M	12:30 - 1:30pm	1/11 - 2/8	\$50
150879-5B	18 yrs +	W	12 - 1pm	1/13 - 2/17	\$72
150879-5C	18 yrs +	F	12:30 - 1:30pm	1/15 - 2/19	\$72
150879-5D	18 yrs +	Any 2 days		1/11 - 2/19	\$120
150879-5E	18 yrs +	All 3 days		1/11 - 2/19	\$144
150879-5F	18 yrs +	M	12:30 - 1:30pm	2/22 - 3/21	\$61
150879-5G	18 yrs +	W	12 - 1pm	2/24 - 3/23	\$61
150879-5H	18 yrs +	F	12:30 - 1:30pm	2/26 - 3/25	\$61
150879-5I	18 yrs +	Any 2 days		2/22 - 3/25	\$100
150879-5J	18 yrs +	All 3 days		2/22 - 3/25	\$135

PILATES CHAIR: SITTING ONLY

Pilates Chair-Sitting Only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, this class will work on improving: strength, flexibility, posture, core strength, and an enhanced mind-body connection. Bring water and grip socks. *No Class Dates: Jan-18*

HB Pilates

Rodgers Seniors' Center

150895-5A	18 yrs +	M	11:45am - 12:30pm	1/11 - 2/8	\$39
150895-5B	18 yrs +	M	11:45am - 12:30pm	2/22 - 3/21	\$48

UNLIMITED HB PILATES CLASSES

Enjoy the convenience of making your own workout schedule and the opportunity to come to an unlimited number of classes per week! Unlimited HB Pilates classes allow you access to all HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, PILOXING, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions.

HB Pilates

All Community Center Locations

150896-1B	16 yrs +	M thru Sa	9am - 9pm	1/11 - 2/20	\$234
150896-1C	16 yrs +	M thru Sa	9am - 9pm	2/22 - 3/26	\$195



Parks and Recreation
create memories

PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Drop-ins welcome: \$16. Bring: mat, towel, grip socks, and water. *No Class Dates: Jan-18*

HB Pilates

City Gym and Pool

150811-3A	16 yrs +	W	9 - 10am	1/13 - 2/17	\$75
150811-3B	16 yrs +	Th	6 - 7pm	1/14 - 2/18	\$75
150811-3C	16 yrs +	W	9 - 10am	2/24 - 3/23	\$63
150811-3D	16 yrs +	Th	6 - 7pm	2/25 - 3/24	\$63

HB Pilates

Edison Community Center

150811-2A	16 yrs +	M	6:30 - 7:30pm	1/11 - 2/8	\$51
150811-2B	16 yrs +	M	6:30 - 7:30pm	2/22 - 3/21	\$63
150811-2C	16 yrs +	Tu	9 - 10am	1/12 - 2/16	\$75
150811-2D	16 yrs +	Tu	9 - 10am	2/23 - 3/22	\$63
150811-2E	16 yrs +	W	6 - 7pm	1/13 - 2/17	\$75
150811-2F	16 yrs +	W	6 - 7pm	2/24 - 3/23	\$63
150811-2G	16 yrs +	F	10:30 - 11:30am	1/15 - 2/19	\$75
150811-2H	16 yrs +	F	10:30 - 11:30am	2/26 - 3/25	\$63

HB Pilates

Murdy Community Center

150811-1A	16 yrs +	M	10 - 11am	1/11 - 2/8	\$51
150811-1B	16 yrs +	M	10 - 11am	2/22 - 3/21	\$63
150811-1C	16 yrs +	Tu	6 - 7pm	1/12 - 2/16	\$75
150811-1D	16 yrs +	Tu	6 - 7pm	2/23 - 3/22	\$63
150811-1E	16 yrs +	Th	5 - 6pm	1/14 - 2/18	\$75
150811-1F	16 yrs +	Th	5 - 6pm	2/25 - 3/24	\$63
150811-1G	16 yrs +	Sa	9 - 10am	1/16 - 2/20	\$75
150811-1H	16 yrs +	Sa	9 - 10am	2/27 - 3/26	\$63

PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. *No Class Dates: Jan-18*

HB Pilates

City Gym and Pool

150855-3A	16 yrs +	W	10 - 11am	1/13 - 2/17	\$81
150855-3B	16 yrs +	Th	7 - 8pm	1/14 - 2/18	\$81
150855-3C	16 yrs +	W	10 - 11am	2/24 - 3/23	\$68
150855-3D	16 yrs +	Th	7 - 8pm	2/25 - 3/24	\$68

HB Pilates

Edison Community Center

150855-2A	16 yrs +	M	7:30 - 8:30pm	1/11 - 2/8	\$55
150855-2B	16 yrs +	M	7:30 - 8:30pm	2/22 - 3/21	\$68
150855-2C	16 yrs +	W	7 - 8pm	1/13 - 2/17	\$81
150855-2D	16 yrs +	W	7 - 8pm	2/24 - 3/23	\$68

HB Pilates

Murdy Community Center

150855-1A	16 yrs +	Tu	7 - 8pm	1/12 - 2/16	\$81
150855-1B	16 yrs +	Tu	7 - 8pm	2/23 - 3/22	\$68
150855-1C	16 yrs +	Sa	10 - 11am	1/16 - 2/20	\$81
150855-1D	16 yrs +	Sa	10 - 11am	2/27 - 3/26	\$68



PRIVATE PILATES/PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. *No Class Dates: Jan-18, Feb-15*

HB Pilates		Murdy Community Center			
150897-1A	16 yrs + M thru Sa	9am - 9pm	1/11 - 3/26	\$75	
150897-1B	16 yrs + M thru Sa	9am - 9pm	1/11 - 3/26	\$700	
150897-1C	16 yrs + M thru Sa	9am - 9pm	1/11 - 3/26	\$1300	

PILOXING®

PILOXING combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING integrates the power, speed and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. Drop-Ins: \$16. Bring mat, towel, grip socks, and water.

HB Pilates		City Gym and Pool			
150843-3A	16 yrs + Tu	7 - 8pm	1/12 - 2/16	\$81	
150843-3B	16 yrs + Tu	7 - 8pm	2/23 - 3/22	\$38	

HB Pilates		Edison Community Center			
150843-2A	16 yrs + Tu	10 - 11am	1/12 - 2/16	\$81	
150843-2B	16 yrs + Tu	10 - 11am	2/23 - 3/22	\$68	

HB Pilates		Murdy Community Center			
150843-1A	16 yrs + W	7 - 8pm	1/20 - 2/17	\$81	
150843-1B	16 yrs + W	7 - 8pm	2/24 - 3/23	\$68	

QIGONG

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

Donald Walker		Murdy Community Center			
150864-1A	18 yrs + W	6 - 7:15pm	1/13 - 2/24	\$49	

SATURDAY AM CARDIO STEP/BODY SCULPT

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend!

Susan Hardy		Edison Community Center			
150846-2A	13 yrs + Sa	9:15 - 10:15am	1/16 - 3/12	\$43	

SPEED AND AGILITY

This amazing Program teaches youth to run faster, while having fun in a positive environment. Youth will improve foot speed, form, body mechanics, and increase sprint speed, core strength, reaction time, change of direction and quickness via ladder drills, skills games, and relay races. For more information: oc-ysa.org/speed-agility.

Orange County Youth Sports Academy					Lake Park
141339-1A	8-18yrs	M	4:30-5:30p	1/11 - 2/15	\$120
141339-1B	8-18yrs	M	4:30-5:30p	2/29-3/21	\$80
141339-1C	8-18yrs	Tu	4:30-5:30p	1/12-2/16	\$120
141339-1D	8-18yrs	Tu	4:30-5:30p	2/23-3/22	\$100
141339-1E	8-18yrs	W	4:30-5:30p	1/13-2/17	\$120
141339-1F	8-18yrs	W	4:30-5:30p	2/24-3/23	\$100

SLIM & TRIM

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

Georgia Spidle		Lake Park Clubhouse, 1035 11th Street			
150847-2A	18 yrs + M,W,F	9 - 10am	1/11 - 3/18	\$60	

TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. *No Class Dates: Jan-18, Feb-15*

Elizabeth Pham		Rodgers Seniors' Center			
150881-5A	18 yrs + M	6:45 - 8:15pm	1/11 - 3/21	\$45	
150881-5B	18 yrs + Th	9 - 10:30am	1/14 - 3/24	\$55	

TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. *No Class Dates: Jan-18, Feb-15*

Shona Howe		Rodgers Seniors' Center			
150882-5A	18 yrs + M	6:45 - 8:15pm	1/11 - 3/21	\$45	
150882-5B	18 yrs + Th	9 - 10:30am	1/14 - 3/24	\$55	

TAI CHI (YANG STYLE)

Usually called "moving meditation," this ancient Chinese health class focuses on stress reduction, balance, increasing energy and flexibility. Tai Chi uses easy techniques on gentle, slow, repeated movements to improve health and well-being. Medical professionals recommend Tai Chi to improve balance, coordination, breathing, leg strength and relax mentally and physically at deep levels. Wear comfortable clothing. Class material & DVD included \$20 payable to instructor at the first class. Check payable to Luh Arts/Bing Luh. FREE DEMO on January 12 at 10am and January 13 at 6:30pm.

Luh Arts		HB Art Center			
FREE DEMO		Tu	10 - 11:15am	1/12	
150884-4A	16 yrs + Tu	10 - 11:15am	1/19 - 3/8	\$109/99	
FREE DEMO		W	6:30 - 7:45pm	1/13	
150884-4B	16 yrs + W	6:30 - 7:45pm	1/20 - 3/9	\$109/99	

Register Online! www.hbsands.org

TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. *No Class Dates: Jan-18, Feb-15*

Marianne Grossman **Edison Community Center**
150857-2A 18 yrs + Tu 5:30 - 6:30pm 1/12 - 3/15 \$65

Marianne Grossman **Rodgers Seniors' Center**
150857-5A 18 yrs + M 5:30 - 6:30pm 1/11 - 3/14 \$52

TOTAL BODY WORKOUT/CARDIO STEP

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Low impact on floor for a total body 1 1/2 hour workout at one LOW PRICE. All fitness levels welcome. Bring mat and hand weights. *No Class Dates: Jan-18, Feb-15*

Susan Hardy **Murdy Community Center**
150886-1A 18 yrs + M,W,F 8:30 - 10am 1/11 - 3/18 \$128

TAI CHI FOR WELLNESS SET 1

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy to learn flowing movements which reduce stress, strengthen, balance, and revitalize. Set 1 emphasizes the upper body and can be done sitting or standing. First class free!

Donald Walker **Edison Community Center**
150887-2A 18 yrs + Tu 1 - 2:15pm 1/12 - 2/23 \$49

TAI CHI FOR WELLNESS SET 2

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy-to-learn flowing movements which reduce stress, strengthen, balance and revitalize. Set 2 emphasizes the lower body, improves balance and leg strength. First class free!

Donald Walker **Edison Community Center**
150911-2A 18 yrs + Tu 2:30 - 3:45pm 1/12 - 2/23 \$49

CANDLELIGHT YOGA

Decompress by candlelight on Tuesday evenings at HB's inspiring Art Center. Vinyasa yoga is a power yoga that provides a great workout while increasing strength and flexibility. Each class will strive to balance mind, body and spirit while decreasing stress and increasing inner peace and awareness.

Denise Stanek **HB Art Center**
150865-4A 17 yrs + Tu 6:30 - 7:30pm 1/12 - 3/1 \$106/96

CHAIR YOGA

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice to promote overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, YTRx-500 C, ERYT-500. *No Class Dates: Jan-18, Feb-15*

Diane Pavesic **Rodgers Seniors' Center**
150866-5A 18 yrs + M 10 - 11am 1/11 - 3/14 \$66
150866-5B 18 yrs + M 11:15am - 12:15pm 1/11 - 3/14 \$66

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

Yvonne Carmichael **City Gym and Pool**
150867-3A 16 yrs + M 10:30am-12pm 1/11-3/7 \$97

YOGA AT EDISON

Yoga unites mind & body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath centered practice for overall well-being. Benefits include reduced pain & blood pressure, improved memory, flexibility, balance, and sleep. Bring mat and blanket. Class Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Feb-10, Feb-17*

Diane Pavesic **Edison Community Center**
150868-2A 18 yrs + W 4:30 - 5:30pm 1/13 - 3/16 \$66
150868-2B 18 yrs + W 5:45 - 6:45pm 1/13 - 3/16 \$66
150868-2C 18 yrs + W 7 - 8pm 1/13 - 3/16 \$66

YOGA: MURDY

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. *No Class Dates: Jan-18, Feb-15*

Jacki King, RYT, CYT **Murdy Community Center**
150876-1F 18 yrs + M 4:35 - 5:35pm 1/25 - 3/14 \$60
150876-1H 18 yrs + W 4 - 5pm 1/20 - 3/16 \$74

Susan Holden **Murdy Community Center**
150876-1A 16 yrs + M 6 - 7pm 1/25 - 3/14 \$60
150876-1B 16 yrs + M 7:15 - 8:15pm 1/25 - 3/14 \$60
150876-1C 16 yrs + Tu 5:30 - 6:45pm 1/19 - 3/15 \$74
150876-1D 16 yrs + F 4 - 5pm 1/15 - 3/11 \$74

Yvonne Carmichael **Lake View Clubhouse, 17461 Zeider Lane**
150876-1E 16 yrs + W 10:30am - 12pm 1/13 - 3/16 \$97
150876-1G 16 yrs + F 10:30am - 12pm 1/15 - 3/18 \$97

YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice for overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Feb-11, Feb-18*

Diane Pavesic **Rodgers Seniors' Center**
150872-5A 18 yrs + Th 10 - 11am 1/14 - 3/17 \$66
150872-5B 18 yrs + Th 11am - 12pm 1/14 - 3/17 \$66



Parks and Recreation
elevate personal growth

YOGATATION

Come and experience a new way to relieve stress, find emotional balance and enjoy increased physical flexibility. 'Yogatation' is a practice developed by David Phears. Whether you are brand new to Yoga or Meditation or a seasoned devotee, 'Yogatation' is for every level of practice and knowledge.



David Phears

150874-3A 16 yrs + Th 8:45 - 10am

City Gym and Pool

2/4 - 3/24 \$100

ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12.

SockhopFitness

Edison Community Center

150858-2A 16 yrs + W 6:30 - 7:15pm 1/13 - 3/23 \$60

ZUMBA AGES 6 TO 86

Music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party!

SockhopFitness

Murdy Community Center

150813-1A 6yrs+ Tu 8:05-8:50am 1/12-3/22 \$66

SockhopFitness

Rodgers Seniors' Center

150813-5A 6 yrs + Tu 6 - 6:45pm 1/12 - 3/22 \$66

ZUMBA GOLD BEGINNING

Same great Zumba music, the same great moves at a "teach-me-the-steps" pace. This class won't wear you out but will tone your muscles, increase your balance and put a smile on your face! Going on vacation? We'll prorate for the number of classes you can attend. *No Class Dates: Feb-20*

SockhopFitness

Rodgers Seniors' Center

150860-5A 16 yrs + Sa 9:15 - 10am 1/16 - 3/26 \$60

ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. Going on vacation? We'll prorate you for the number of weeks you attend. *No class dates: 1/18, 2/15.*

SockhopFitness

Edison Community Center

150888-2A 16 yrs + M 6:00 - 6:45pm 1/11 - 3/21 \$55

MARTIAL ARTS

MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$85, any 2 days \$144, all 3 days \$180.

Frances Cardinal

Rodgers Seniors' Center

150901-5A 16 yrs + Tu 6:15 - 7:45pm 1/12 - 3/22 \$85

150901-5B 16 yrs + Th 6:15 - 7:45pm 1/14 - 3/24 \$85

150901-5C 16 yrs + Sa 10am - 12pm 1/16 - 3/26 \$85

FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee includes 4 family members, and there is a \$6 fee per each extra student. Take 2 days per week and save \$35.

Frances Cardinal

Rodgers Seniors' Center

150904-5A 3 yrs + Tu 5 - 6pm 1/12 - 3/22 \$80

150904-5B 3 yrs + Th 5 - 6pm 1/14 - 3/24 \$80

TAE KWON DO

Develop coordination, improve balance, and achieve total fitness while increasing self-confidence. Uniforms will be available for purchase from instructor.

Kiavash Tillehkoob

City Gym and Pool

150906-3A 13yrs+ M 7:15 - 8pm 1/11 - 3/21 \$187

150906-3B 13yrs+ Tu 7:15 - 8pm 1/12 - 3/22 \$187

150906-3C 13yrs+ W 7:15 - 8pm 1/13 - 3/23 \$187

150906-3D 13yrs+ Th 7:15 - 8pm 1/14 - 3/24 \$187

150906-3F 10-17 yrs M,Tu 6:30 - 7:15pm 1/11 - 3/21 \$197

150906-3G 10-17 yrs Tu,W 6:30 - 7:15pm 1/12 - 3/22 \$197

150906-3H 10-17 yrs M,W 7:15 - 8pm 1/13 - 3/23 \$197

150906-3I 10-17 yrs Tu,Th 6:30 - 7:15pm 1/14 - 3/24 \$197

KARATE - DO TRADITIONAL JAPANESE

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Beginner/All Ranks

Wadoryu USA

Edison Community Center

150907-2A 16 yrs + Th 7 - 8:15pm 1/14 - 3/17 \$120

**Parks
Make
Life
Better!**

Parks and Recreation
strengthen neighborhood
involvement

MUSIC

GUITAR: STRUMMING AND SINGING

Beginning guitar students will learn chords and how to apply them to traditional folk, pop, and camp songs. The class will also introduce students to singing while accompanying themselves on guitar. Fun and interactive, Strumming and Singing will have students' young and old ready to bring their skills to the next party, family gathering or camp out!

McGrath Music **Edison Community Center**
151002-2A 10 yrs + Tu 7 - 8pm 1/12 - 3/1 \$125

GUITAR: MORE STRUMMING AND SINGING

Picking up where Strumming & Singing left off, More Strumming & Singing will take students to the next level of guitar proficiency while retaining the recreational atmosphere of no stress, musical fun. This time around students will delve deeper into chords and apply them to even more interesting songs. Previous Strumming & Singing attendance or guitar experience is prerequisite.

McGrath Music **Edison Community Center**
151001-2A 10 yrs + Tu 8:10 - 9:10pm 1/12 - 3/1 \$125

GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar from Mr. Greg and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don't delay and learn to play today. (Bring your own guitar, \$20 materials fee due to instructor for book).

The Rock Band Experience **HB Art Center**
151008-4A 13 yrs + Th 4:30 - 5:30pm 1/14 - 2/4 \$81/73
151008-4B 13 yrs + Th 4:30 - 5:30pm 2/11 - 3/3 \$81/73
151008-4C 13 yrs + Th 4:30 - 5:30pm 3/10 - 3/31 \$81/73

UKE PLAYERS ANONYMOUS-LEVEL I

Would you like to learn to play ukulele? If so, this is the class for you! Uke Players Anonymous will introduce you to all the basics of ukulele; chords, strumming, and songs. Bring your ukulele and tell a friend! \$5 materials fee due at first class. *No Class Dates: Feb-2, Mar-1*

Guava Groove **Rodgers Seniors' Center**
151003-5A 18 yrs + Tu 9:30 - 10:30am 1/12 - 3/15 \$70

UKE PLAYERS ANONYMOUS-LEVEL II

This class is for students who already have a basic foundation in ukulele and realize they can't put it down! An emphasis will be placed upon rhythm, repertoire, basic theory, and performance! \$5 materials fee due at first class.

Guava Groove **Rodgers Seniors' Center**
151004-5A 18 yrs + Tu 10:45 - 11:45am 1/12 - 3/15 \$70

BEGINNING UKULELE WITH TUPUA

Leave your worries and cares behind as experienced instructor Steve Seanoa leads you on an adventure through a tropical paradise while learning to play the ukulele. This hands-on class will teach you the basics while having fun! Please bring your own ukulele.

Tupua Productions **Rodgers Seniors' Center**
151007-5A 18 yrs + Tu 6:30 - 7:30pm 1/12 - 2/9 \$60
151007-5B 18 yrs + Tu 6:30 - 7:30pm 2/16 - 3/15 \$60

INTERMEDIATE UKULELE WITH TUPUA

Tupua Productions **Rodgers Seniors' Center**
151009-5A 18 yrs + Tu 7:30 - 8:30pm 1/12 - 2/9 \$60
151009-5B 18 yrs + Tu 7:30 - 8:30pm 2/16 - 3/15 \$60

SPECIAL INTEREST

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "The Martian" by Andy Weir before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 materials fee due at each meeting. Class meets 2/10, 3/9, 4/13, 5/11.

April Berg **Rodgers Seniors' Center**
151101-5A 18 yrs + W 7 - 9pm 2/10 - 5/11 \$30

BEGINNING BRIDGE

A new year brings us new chances to learn and expand our knowledge. Bridge, while not the easiest game to learn, is a very exciting game. You will find it is worth your effort to learn and also have fun! Meet new friends with the same interest as yours. No partner needed. *No Class Dates: Jan-18, Feb-15*

Rita Spira **Rodgers Seniors' Center**
151102-5A 18 yrs + M 2 - 4pm 1/11 - 3/14 \$58

BRIDGE INTERMEDIATE 1

Know the basics but want to know more conventions to take your game to the next level? This is the class for you! Keeping score, Stayman, Weak two's, Jacoby Transfer, Negative double, Blackwood, defensive bidding and play and so much more. No partner required.

Rita Spira **Rodgers Seniors' Center**
151103-5A 18 yrs + Tu 2:30 - 4:30pm 1/12 - 3/15 \$58

CARDKATEERS

Have you ever thought of making your own greeting cards? Do you love trying new things? Then we have the class for you! As a Cardkateer, you will make personalized greeting cards to give to your loved ones or friends. Through the course of the classes, you may learn and share card-making techniques. Class meets 1st & 3rd Wednesdays.

Debbie Keller **Rodgers Seniors' Center**
151114-5A 18 yrs + W 10:30 - 11:30am 1/20 - 3/16 \$6

Register Online!
www.hbsands.org

CPR/AED FOR INFANTS, CHILDREN AND ADULTS

An interactive class where students will learn about the basics of CPR/AED use for infants, children and adults. Please join us to learn lifesaving techniques and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 materials fee due at class. Includes Heartsaver CPR book.

Megan Ameduri				Murdy Community Center	
151104-1A	16 yrs +	Sa	9am - 2pm	1/16	\$50
Megan Ameduri				Rodgers Seniors' Center	
151104-5A	16 yrs +	Sa	9am - 2pm	2/20	\$50

MORNING MASTERPIECE

Come and join this fun unique craft class. Bring a friend or make a friend! All skill levels are welcomed. Every class is different and all materials are provided. Meet our Wednesday class at Rodgers Seniors' Center. Class meets the 2nd and 4th Wednesday of each month.

Angel Velazquez				Rodgers Seniors' Center	
151113-5A	18 yrs +	W	10:30-11:30am	1/13 - 3/23	\$6

PRACTICE BRIDGE

Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at Rodgers on Friday afternoons. Good opportunity to practice what you have learned in class by playing in actual situations. Knowledge of bridge rules and etiquette is a must!

Recreation Staff				Rodgers Seniors' Center	
151108-5A	18 yrs +	F	1:30 - 4pm	1/2 - 2/6	\$12
151108-5B	18 yrs +	F	1:30 - 4pm	2/13 - 3/20	\$12

ZEN DOODLING

A great way to focus and experience a sense of peace and well-being while discovering your artistic ability. Learn simple and repetitive designs, beautiful patterns and shapes. It will boost your creative confidence and increase your perception "of seeing" your surroundings. Create your own delightful designs or color a pre-made template. Surprise yourself at the beauty you can make while listening to music using color pencils, markers and pens. Class meets 2nd & 4th Mondays of each month.

Susan Turner				Rodgers Seniors' Center	
151117-5A	18 yrs +	M	1:30-2:30pm	1/11-3/14	\$6



SPORTS

ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

The Rinks Westminster ICE				13071 Springdale, Westminster	
151312-1A	17 yrs +	W	6:10 - 6:40pm	1/13 - 2/3	\$37
151312-1B	17 yrs +	W	6:10 - 6:40pm	2/17 - 3/9	\$37

PICKLEBALL: ADULT BEGINNING

Basic skills will be introduced: safety, etiquette, rules, scoring, underhand serve, forehand, backhand, volley, overhead, and basic strategies. Once you have completed this course, you will understand how to play Pickleball and can participate comfortably in beginning/intermediate games. The nets, paddles and balls are provided.

Diana Abruscato				Worthy Park	
151310-5A	14 yrs +	Th	6 - 8pm	1/14 - 2/18	\$116

ADULT SIX'S VOLLEYBALL LEAGUES

This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at (714) 960-8884 or Rics Volleyball (714) 375-5063.

Win Win Production Inc				City Gym and Pool	
162107-3A	18 yrs +	M,W	6 - 10pm	1/11 - 3/23	\$250

BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. Classes held on the courts at 15th and PCH.

Beach Volleyball CA Inc				City Beach	
151313-2A	18 yrs +	Sa	10 - 11:30am	1/16 - 3/19	\$150

BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation. Classes held on the courts at 15th and PCH. For more info, please visit www.GoldenCoastVolleyball.com.

Beach Volleyball CA Inc				City Beach	
151311-2A	18 yrs +	Sa	11:30am - 1pm	1/16 - 3/19	\$150

BEACH VOLLEYBALL: ADULT 2-A-SIDE LEAGUE

Sign up for the Golden Coast Volleyball 2-A-Side beach volleyball league, held at 15th and PCH. After an initial seeding night, teams will compete in a ladder-style competition. Teammates wanting to play together sign up separately. Individuals who sign up will be placed with other solo registrants for games. Prizes will be awarded to the winners on the last night. Visit www.goldenbeachvolleyball.com for more details.

Beach Volleyball CA Inc				City Beach
151319-2A	18 yrs +	Su	3 - 4:30pm	1/17 - 3/20 \$150

WOMEN'S VOLLEYBALL LEAGUE

Tuesday is Intermediate players only - if a new player, you must try out first to assess satisfactory skill level. Please arrive 15 minutes early for try-out. Wednesday is Advanced players only drills class & Thursday is Advanced only competitive league play! For Wednesday & Thursday, if you are a new student you must be preapproved by instructor. Fridays are for Advanced players only, they must try out first day to make the list/team. Registration is available online and in-person for Tuesday, Wednesday & Thursday, but in-person only for Friday.

Joann DiGiovanni				City Gym and Pool
151302-3A	18 yrs +	Tu	9:30am - 12:30pm	1/5 - 2/2 \$35
151302-3B	18 yrs +	Tu	9:30am - 12:30pm	2/9 - 3/8 \$35
151302-3C	18 yrs +	W	10am - 12pm	1/6 - 2/3 \$25
151302-3D	18 yrs +	W	10am - 12pm	2/10 - 3/9 \$25
151302-3E	18 yrs +	Th	9:30am - 12:30pm	1/7 - 2/4 \$35
151302-3F	18 yrs +	Th	9:30am - 12:30pm	2/11 - 3/10 \$35
151302-3G	18 yrs +	F	10:30am - 12:30pm	1/8 - 2/5 \$40
151302-3H	18 yrs +	F	10:30am - 12:30pm	2/12 - 3/11 \$40

VOLLEYBALL: ADULT INDOOR CLINIC

Take your Volleyball game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills. *8 classes plus 2 free classes to be used as make-up or additional sessions.

Matt Taylor				City Gym and Pool
Beginner/Low				
15109-3A	14 yrs +	Th	6:15-7:45pm	1/21-3/24 \$129
Intermediate				
15109-3B	14 yrs +	Th	7:45-9:15pm	1/21-3/24 \$129



SPEED AND AGILITY

This amazing Program teaches youth to run faster, while having fun in a positive environment. Youth will improve foot speed, form, body mechanics, and increase sprint speed, core strength, reaction time, change of direction and quickness via ladder drills, skills games, and relay races. For more information: oc-ysa.org/speed-agility.

Orange County Youth Sports Academy				Lake Park
141339-1A	8-18yrs	M	4:30-5:30pm	1/11-2/15 \$120
141339-1B	8-18yrs	M	4:30-5:30pm	2/29-3/21 \$80
141339-1C	8-18yrs	Tu	4:30-5:30pm	1/12-2/16 \$120
141339-1D	8-18yrs	Tu	4:30-5:30pm	2/23-3/22 \$100
141339-1E	8-18yrs	W	4:30-5:30pm	1/13-2/17 \$120
141339-1F	8-18yrs	W	4:30-5:30pm	2/24-3/23 \$100

ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of January 18, 2016. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6 - including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5230. The first day of registration will be December 2, 2015. The deadline to turn in team registration to City Hall is January 11, 2016. A manager's meeting will be held prior to the start of the league on Wednesday, January 13, 2016.

6 v 6 Men's Open League	Monday Nights	7pm, 8pm, 9pm
6 v 6 Men's Rec League - 28 & Over	Tuesday Nights	7pm, 8pm, 9pm
6 v 6 Men's Open League	Wednesday Nights	7pm, 8pm, 9pm
6 v 6 Men's Open League	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Spring 2016 season will be available in February, 2016 for the season starting in Mid-to late March, 2016.

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Winter season will begin the week of January 17, 2016 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday, Thursday or Friday. Coed teams play Sunday Wednesday, or Friday. Team registration costs are \$420.00 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Men's Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings at Murdy Park and Senior Women's on Mondays at Greer Park. Legends Senior Women's Softball Association plays on Thursday nights at Murdy Park. If you are interested call: 714 523-2313 The team registration fee for the Senior Leagues is \$200 per team, plus the \$15.00 per game official's fee.

Deadline for registration is Friday, January 8, 2016. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website or by mail beginning December 7, 2015. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Summer 2016 season will be available in March for the season starting in Mid-May, 2016.

SURF AND SKATE

BASIC SURF LESSON

This is a single lesson to introduce you to the joy of surfing and focuses on the basics of catching and riding waves, students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.HBSurfSchool.com

HB Surf School

City Beach

151402-2A	18 yrs +	Sa	10 - 11:30am	1/9	\$75
151402-2B	18 yrs +	Sa	10 - 11:30am	1/23	\$75
151402-2C	18 yrs +	Sa	10 - 11:30am	2/13	\$75
151402-2D	18 yrs +	Sa	10 - 11:30am	2/27	\$75
151402-2E	18 yrs +	Sa	10 - 11:30am	3/12	\$75
151402-2F	18 yrs +	Sa	10 - 11:30am	3/26	\$75

LEARN TO SURF

This is a 4 lesson surf program that stresses beach safety and fun while you learn the basics of catching and riding waves, and ocean safety. Students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.hbsurfschool.com

HB Surf School

City Beach

151403-2A	18 yrs +	Sa	10 - 11:30am	3/5 - 3/26	\$225
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SKATEBOARDING

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. Requirements: A signed Skatedogs waiver form, a skateboard, knee pads, elbow pads and a helmet.

Skatedogs

Sports Complex

191401-6A	6-16 yrs	W	4 - 5:30pm	1/13 - 2/10	\$125
191401-6B	6-16 yrs	W	4 - 5:30pm	2/24 - 3/23	\$125



AQUATICS

The City of Huntington Beach is pleased to offer a complete fall swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through life-guarding techniques. Classes consist of ten lessons unless otherwise specified.



American
Red Cross

CITY GYM AND POOL

Register online at hbsands.org or register in person at the City Gym and Pool during normal business hours.

OFFICE HOURS: M-Th 9 am-9 pm
Fri 9 am-8 pm
Sat 9 am-1 pm

NEED ADDITIONAL HELP OR HAVE QUESTIONS?

Knowledgeable staff will be available at the City Gym and Pool to assist you with questions about aquatic programs. You can find out more information about swim levels or have your child tested for appropriate swim level placement. City Gym staff can also help you set up an online account so you will be prepared to register online.

SWIM LEVEL TESTING: Have your child tested for swim level placement. Please call the City Gym and Pool, at 714-960-8884, to schedule an appointment.

1-1:30pm Saturday November 7, November 21

SENIOR CITIZEN SWIM: Senior citizens have a special afternoon all to themselves at the City Gym and Pool. Come and enjoy the heated pool.

1:30-3 pm City Gym Pool Friday \$2

SWIM LEVELS

PARENT AND CHILD (PC) 6 mos to about 3 years:

Parents and children learn together through two fun-filled levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.

- **PC Level 1 (PC1):** Introduces Basic skills including safety topics to parents and children.
- **PC Level 2 (PC2):** Builds on the skills introduced in level 1, with participants improving these skills and learning more advanced skills.

PRESCHOOL AQUATICS (PA) About 4 to 5 years:

Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water.

- **PA Level 1 (PA1):** Orients children to the aquatic environment and helps them gain basic aquatics skills.
- **PA Level 2 (PA2):** Helps children gain greater independence in their skills and develop more comfort in and around water.
- **PA Level 3 (PA3):** Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

LEARN-TO-SWIM (LS) About 6 years through adult:

Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.

- **Level 1 (LS1):** Introduction to Water Skills: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.
- **Level 2 (LS2):** Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.
- **Level 3 (LS3):** Stroke Development: Must hold level 2 certificate or be able to perform at the equivalent skill level. Students refine the front and back crawl and are introduced to the butterfly-kick.
- **Level 4 (LS4):** Stroke Improvement: Must hold level 3 certificate or be able to perform at the equivalent skill level. Students will be introduced to the breast stroke, elementary backstroke and butterfly.
- **Exceptional Swim:** Designed for participants with any disability. This is a supervised non-instruction swim time.
- **Adult Lessons:** Adults will improve swimming skills and learn new skills.



Classes taught by Aquatics Staff at City Gym and Pool

No Class Dates: Jan-18, Feb-15.

PARENT & CHILD LEVEL 1

172201-00	M,W	10:30 - 11am	1/11 - 2/17	\$50
172201-01	Tu,Th	10:30 - 11am	1/12 - 2/11	\$50
172201-02	Tu,Th	6 - 6:30pm	1/12 - 2/11	\$50
172201-03	M,W	10:30 - 11am	2/22 - 3/23	\$50
172201-04	Tu,Th	10:30 - 11am	2/16 - 3/17	\$50
172201-05	Tu,Th	6 - 6:30pm	2/16 - 3/17	\$50
172201-06	Sa	10 - 10:30am	1/16 - 3/19	\$50

PARENT & CHILD LEVEL 2

172202-00	M,W	11 - 11:30am	1/11 - 2/17	\$50
172202-01	Tu,Th	11 - 11:30am	1/12 - 2/11	\$50
172202-02	Tu,Th	6:30 - 7pm	1/12 - 2/11	\$50
172202-03	M,W	11 - 11:30am	2/22 - 3/23	\$50
172202-04	Tu,Th	11 - 11:30am	2/16 - 3/17	\$50
172202-05	Tu,Th	6:30 - 7pm	2/16 - 3/17	\$50
172202-06	Sa	10:30 - 11am	1/16 - 3/19	\$50

PRESCHOOL AQUATICS LEVEL 1

172203-00	M,W	9:30 - 10am	1/11 - 2/17	\$50
172203-01	M,W	2 - 2:30pm	1/11 - 2/17	\$50
172203-02	M,W	3 - 3:30pm	1/11 - 2/17	\$50
172203-03	M,W	6:30 - 7pm	1/11 - 2/17	\$50
172203-04	Tu,Th	10 - 10:30am	1/12 - 2/11	\$50
172203-05	Tu,Th	11:30am - 12pm	1/12 - 2/11	\$50
172203-06	Tu,Th	2 - 2:30pm	1/12 - 2/11	\$50
172203-07	Tu,Th	3 - 3:30pm	1/12 - 2/11	\$50
172203-08	Tu,Th	7 - 7:30pm	1/12 - 2/11	\$50
172203-09	M,W	9:30 - 10am	2/22 - 3/23	\$50
172203-10	M,W	2 - 2:30pm	2/22 - 3/23	\$50
172203-11	M,W	6:30 - 7pm	2/22 - 3/23	\$50
172203-12	Tu,Th	10 - 10:30am	2/16 - 3/17	\$50
172203-13	Tu,Th	11:30am - 12pm	2/16 - 3/17	\$50
172203-14	Tu,Th	2 - 2:30pm	2/16 - 3/17	\$50
172203-15	Sa	9 - 9:30am	1/16 - 3/19	\$50
172203-16	Sa	11 - 11:30am	1/16 - 3/19	\$50

PRESCHOOL AQUATICS LEVEL 2

172204-00	M,W	9:30 - 10am	1/11 - 2/17	\$50
172204-01	M,W	10 - 10:30am	1/11 - 2/17	\$50
172204-02	M,W	2:30 - 3pm	1/11 - 2/17	\$50
172204-03	M,W	3 - 3:30pm	1/11 - 2/17	\$50
172204-04	M,W	6:30 - 7pm	1/11 - 2/17	\$50
172204-05	Tu,Th	9:30 - 10am	1/12 - 2/11	\$50
172204-06	Tu,Th	10 - 10:30am	1/12 - 2/11	\$50
172204-07	Tu,Th	11:30am - 12pm	1/12 - 2/11	\$50



172204-08	Tu,Th	12 - 12:30pm	1/12 - 2/11	\$50
172204-09	Tu,Th	2:30 - 3pm	1/12 - 2/11	\$50
172204-10	Tu,Th	3 - 3:30pm	1/12 - 2/11	\$50
172204-11	Tu,Th	7 - 7:30pm	1/12 - 2/11	\$50
172204-12	M,W	9:30 - 10am	2/22 - 3/23	\$50
172204-13	M,W	10 - 10:30am	2/22 - 3/23	\$50
172204-14	M,W	2:30 - 3pm	2/22 - 3/23	\$50
172204-15	M,W	3 - 3:30pm	2/22 - 3/23	\$50
172204-16	M,W	6:30 - 7pm	2/22 - 3/23	\$50
172204-17	Tu,Th	9:30 - 10am	2/16 - 3/17	\$50
172204-18	Tu,Th	10 - 10:30am	2/16 - 3/17	\$50
172204-19	Tu,Th	11:30am - 12pm	2/16 - 3/17	\$50
172204-20	Tu,Th	12 - 12:30pm	2/16 - 3/17	\$50
172204-21	Tu,Th	2:30 - 3pm	2/16 - 3/17	\$50
172204-22	Tu,Th	3 - 3:30pm	2/16 - 3/17	\$50
172204-23	Tu,Th	7 - 7:30pm	2/16 - 3/17	\$50
172204-24	Sa	9 - 9:30am	1/16 - 3/19	\$50
172204-25	Sa	9:30 - 10am	1/16 - 3/19	\$50
172204-26	Sa	11 - 11:30am	1/16 - 3/19	\$50
172204-27	Sa	11:30am - 12pm	1/16 - 3/19	\$50

PRESCHOOL AQUATICS LEVEL 3

172205-00	M,W	10 - 10:30am	1/11 - 2/17	\$50
172205-01	M,W	2 - 2:30pm	1/11 - 2/17	\$50
172205-02	M,W	2:30 - 3pm	1/11 - 2/17	\$50
172205-03	Tu,Th	9:30 - 10am	1/12 - 2/11	\$50
172205-04	Tu,Th	12 - 12:30pm	1/12 - 2/11	\$50
172205-05	Tu,Th	2 - 2:30pm	1/12 - 2/11	\$50
172205-06	Tu,Th	2:30 - 3pm	1/12 - 2/11	\$50
172205-07	M,W	10 - 10:30am	2/22 - 3/23	\$50
172205-08	M,W	2 - 2:30pm	2/22 - 3/23	\$50
172205-09	M,W	2:30 - 3pm	2/22 - 3/23	\$50
172205-10	M,W	3 - 3:30pm	2/22 - 3/23	\$50
172205-11	Tu,Th	9:30 - 10am	2/16 - 3/17	\$50
172205-12	Tu,Th	12 - 12:30pm	2/16 - 3/17	\$50
172205-13	Tu,Th	2 - 2:30pm	2/16 - 3/17	\$50
172205-14	Tu,Th	2:30 - 3pm	2/16 - 3/17	\$50
172205-15	Tu,Th	3 - 3:30pm	2/16 - 3/17	\$50
172205-16	Tu,Th	7 - 7:30pm	2/16 - 3/17	\$50
172205-17	Sa	9:30 - 10am	1/16 - 3/19	\$50
172205-18	Sa	11:30am - 12pm	1/16 - 3/19	\$50

Classes taught by Aquatics Staff at City Gym and Pool

Continued from previous page. No Class Dates: Jan-18, Feb-15.

LEARN-TO-SWIM LEVEL 1

172206-00	M,W	3:30 - 4pm	1/11 - 2/17	\$50
172206-01	Tu,Th	3:30 - 4pm	1/12 - 2/11	\$50
172206-02	M,W	3:30 - 4pm	2/22 - 3/23	\$50
172206-03	Tu,Th	3:30 - 4pm	2/16 - 3/17	\$50
172206-04	Sa	8 - 8:30am	1/16 - 3/19	\$50
172206-05	Sa	12 - 12:30pm	1/16 - 3/19	\$50

LEARN-TO-SWIM LEVEL 2

172207-00	M,W	4 - 4:30pm	1/11 - 2/17	\$50
172207-01	Tu,Th	4 - 4:30pm	1/12 - 2/11	\$50
172207-02	Tu,Th	4:30 - 5pm	1/12 - 2/11	\$50
172207-03	M,W	4 - 4:30pm	2/22 - 3/23	\$50
172207-04	Tu,Th	4 - 4:30pm	2/16 - 3/17	\$50
172207-05	Sa	8:30 - 9am	1/16 - 3/19	\$50
172207-06	Sa	12 - 12:30pm	1/16 - 3/19	\$50

LEARN-TO-SWIM LEVEL 3

172208-00	M,W	4:30 - 5pm	1/11 - 2/17	\$50
172208-01	Tu,Th	5 - 5:30pm	1/12 - 2/11	\$50
172208-02	M,W	4:30 - 5pm	2/22 - 3/23	\$50
172208-03	Tu,Th	4:30 - 5pm	2/16 - 3/17	\$50
172208-04	Tu,Th	5 - 5:30pm	2/16 - 3/17	\$50
172208-05	Sa	12:30 - 1pm	1/16 - 3/19	\$50

LEARN-TO-SWIM LEVEL 4

172209-00	Tu,Th	5 - 5:30pm	1/12 - 2/11	\$50
172209-01	Tu,Th	5:30 - 6pm	1/12 - 2/11	\$50
172209-02	Tu,Th	5 - 5:30pm	2/16 - 3/17	\$50
172209-03	Tu,Th	5:30 - 6pm	2/16 - 3/17	\$50
172209-04	Sa	12:30 - 1pm	1/16 - 3/19	\$50

ADULT SWIM LESSONS

172212-00	Tu,Th	8 - 8:30pm	1/12 - 2/11	\$50
172212-01	Tu,Th	8 - 8:30pm	2/16 - 3/17	\$50

EXCEPTIONAL SWIM LESSONS

172213-00	Tu,Th	7:30 - 8pm	1/12 - 2/11	\$18
172213-01	Tu,Th	7:30 - 8pm	2/16 - 3/17	\$18



Winter 2016 – Private Swim Lessons

City Gym and Pool, 3 years to Adult

Private swim lessons are for students and parents who desire more individual attention. These lessons will consist of Five (5), Fifteen (15) minute swim classes, held once a week on the listed day. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions.

CLASS #	DAY	TIME	DATES
172214-00	F	3:20 - 3:35pm	1/15 - 2/12
172214-01	F	3:20 - 3:35pm	1/15 - 2/12
172214-02	F	3:20 - 3:35pm	1/15 - 2/12
172214-03	F	3:40 - 3:55pm	1/15 - 2/12
172214-04	F	3:40 - 3:55pm	1/15 - 2/12
172214-05	F	3:40 - 3:55pm	1/15 - 2/12
172214-06	F	4 - 4:15pm	1/15 - 2/12
172214-07	F	4 - 4:15pm	1/15 - 2/12
172214-08	F	4 - 4:15pm	1/15 - 2/12
172214-09	F	4:20 - 4:35pm	1/15 - 2/12
172214-10	F	4:20 - 4:35pm	1/15 - 2/12
172214-11	F	4:20 - 4:35pm	1/15 - 2/12
172214-12	F	4:40 - 4:55pm	1/15 - 2/12
172214-13	F	4:40 - 4:55pm	1/15 - 2/12
172214-14	F	4:40 - 4:55pm	1/15 - 2/12
172214-15	F	5 - 5:15pm	1/15 - 2/12
172214-16	F	5 - 5:15pm	1/15 - 2/12
172214-17	F	5 - 5:15pm	1/15 - 2/12
172214-18	F	3:20 - 3:35pm	2/19 - 3/18
172214-19	F	3:20 - 3:35pm	2/19 - 3/18
172214-20	F	3:20 - 3:35pm	2/19 - 3/18
172214-21	F	3:40 - 3:55pm	2/19 - 3/18
172214-22	F	3:40 - 3:55pm	2/19 - 3/18
172214-23	F	3:40 - 3:55pm	2/19 - 3/18
172214-24	F	4 - 4:15pm	2/19 - 3/18
172214-25	F	4 - 4:15pm	2/19 - 3/18
172214-26	F	4 - 4:15pm	2/19 - 3/18
172214-27	F	4:20 - 4:35pm	2/19 - 3/18
172214-28	F	4:20 - 4:35pm	2/19 - 3/18
172214-29	F	4:20 - 4:35pm	2/19 - 3/18
172214-30	F	4:40 - 4:55pm	2/19 - 3/18
172214-31	F	4:40 - 4:55pm	2/19 - 3/18
172214-32	F	4:40 - 4:55pm	2/19 - 3/18
172214-33	F	5 - 5:15pm	2/19 - 3/18
172214-34	F	5 - 5:15pm	2/19 - 3/18
172214-35	F	5 - 5:15pm	2/19 - 3/18
172214-36	M	5:05 - 5:20pm	1/11 - 2/15
172214-37	M	5:05 - 5:20pm	1/11 - 2/15
172214-38	W	5:05 - 5:20pm	1/13 - 2/10
172214-39	W	5:05 - 5:20pm	1/13 - 2/10
172214-40	M	5:05 - 5:20pm	2/22 - 3/21
172214-41	M	5:05 - 5:20pm	2/22 - 3/21
172214-42	W	5:05 - 5:20pm	2/17 - 3/16
172214-43	W	5:05 - 5:20pm	2/17 - 3/16

PRIVATE LESSONS

Fee \$75

Private lessons will be taught with 1 to 1 participant to instructor ratio.

SMALL GROUP LESSONS

Fee \$85

Available with maximum 2 students per instructor.

TENNIS

The Huntington Beach Community Services Department is excited to announce a new partnership with Tennis Anyone, who will provide quality tennis lessons to our community. Tennis Anyone brings over 25 years of experience running classes for students of all ages and all levels in 12 cities across Southern California. Tennis Anyone classes are high energy, dynamic, fitness friendly to fitness challenging, fun, and always focused on meeting the needs of the students. At Tennis Anyone the goal is always more fun, fitness, and friendships, for a lifetime through tennis.



PEE WEE TENNIS ACADEMY

This Clinic is perfect tennis intro. Students will learn the basics of the: forehand, backhand, volley, and serve in a coordination building, fitness friendly, fun atmosphere. Your child will love joining in terrific tennis games like: Popcorn Machine, Walk the Tennis Dog, and Alley Rally. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$59, 2 days for \$79, or 3 days for \$109.

Tennis Anyone Inc				Edison Community Center	
182501-2A	3-6yrs	M	3:45 - 4:30pm	1/4 - 1/25	\$59
182501-2B	3-6yrs	M	3:45 - 4:30pm	2/1 - 2/22	\$59
182501-2C	3-6yrs	M	3:45 - 4:30pm	2/29 - 3/21	\$59
182501-2D	3-6yrs	W	3:45 - 4:30pm	1/6 - 1/27	\$59
182501-2E	3-6yrs	W	3:45 - 4:30pm	2/3 - 2/24	\$59
182501-2F	3-6yrs	W	3:45 - 4:30pm	3/2 - 3/23	\$59
182501-2G	3-6yrs	Sa	8:15 - 9am	1/9 - 1/30	\$59
182501-2H	3-6yrs	Sa	8:15 - 9am	2/6 - 2/27	\$59
182501-2I	3-6yrs	Sa	8:15 - 9am	3/5 - 3/26	\$59

Tennis Anyone Inc				Murdy Community Center	
182501-1A	3-6yrs	Tu	3:45 - 4:30pm	1/5 - 1/26	\$59
182501-1B	3-6yrs	Tu	3:45 - 4:30pm	2/2 - 2/23	\$59
182501-1C	3-6yrs	Tu	3:45 - 4:30pm	3/1 - 3/22	\$59

JUNIOR TENNIS ACADEMY: BEGINNING TO INTERMEDIATE

The focus of the Junior Tennis Academy for Beginners is on learning the 4 major strokes of the game in a fun-filled, fitness-friendly atmosphere. Students will work to establish form on the forehand, backhand, volley, and serve. There are 4 mastery levels that students will be tested on so that parents and students are always clear on progress. Students will love playing drills like: King of the Tennis Hill, Tennis Baseball, and Tennis Line Tag. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$69, 2 days for \$119, or 3 days for \$139.

Tennis Anyone Inc				Edison Community Center	
182510-2A	7-13 yrs	M	4:30 - 6pm	1/4 - 1/25	\$69
182510-2B	7-13 yrs	M	4:30 - 6pm	2/1 - 2/22	\$69
182510-2C	7-13 yrs	M	4:30 - 6pm	2/29 - 3/21	\$69
182510-2D	7-13 yrs	W	4:30 - 6pm	1/6 - 1/27	\$69
182510-2E	7-13 yrs	W	4:30 - 6pm	2/3 - 2/24	\$69
182510-2F	7-13 yrs	W	4:30 - 6pm	3/2 - 3/23	\$69
182510-2G	7-13 yrs	Sa	9 - 10:30am	1/9 - 1/30	\$69
182510-2H	7-13 yrs	Sa	9 - 10:30am	2/6 - 2/27	\$69
182510-2I	7-13 yrs	Sa	9 - 10:30am	3/5 - 3/26	\$69

Tennis Anyone Inc				Murdy Community Center	
182510-1A	7-13 yrs	Tu	4:30 - 6pm	1/5 - 1/26	\$69
182510-1B	7-13 yrs	Tu	4:30 - 6pm	2/2 - 2/23	\$69
182510-1C	7-13 yrs	Tu	4:30 - 6pm	3/1 - 3/22	\$69



JUNIOR TENNIS ACADEMY-INTERMEDIATE TO ADVANCED

This class is for students that have either attained all 4 mastery levels in the Beginning Academy or are coming in with proper form on the major tennis strokes. This is a high-energy, dynamic, fitness-challenging tennis program designed to bring students to a level where they have the tools to start playing matches. There are 5 mastery levels in this group that students will be tested on for progress. Students will love playing drills like: Tennis Olympics, Team-up and Back, and Tennis Bump. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$69, 2 days for \$119, or 3 days for \$139.

Tennis Anyone Inc			Edison Community Center		
182520-2A	7-15 yrs	M	6 - 7:30pm	1/4 - 1/25	\$69
182520-2B	7-15 yrs	M	6 - 7:30pm	2/1 - 2/22	\$69
182520-2C	7-15 yrs	M	6 - 7:30pm	2/29 - 3/21	\$69
182520-2D	7-15 yrs	W	6 - 7:30pm	1/6 - 1/27	\$69
182520-2E	7-15 yrs	W	6 - 7:30pm	2/3 - 2/24	\$69
182520-2F	7-15 yrs	W	6 - 7:30pm	3/2 - 3/23	\$69
182520-2G	7-15 yrs	Sa	10:30am - 12pm	1/9 - 1/30	\$69
182520-2H	7-15 yrs	Sa	10:30am - 12pm	2/6 - 2/27	\$69
182520-2I	7-15 yrs	Sa	10:30am - 12pm	3/5 - 3/26	\$69

Tennis Anyone Inc			Murdy Community Center		
182520-1A	7-15yrs	Tu	6 - 7:30pm	1/5 - 1/26	\$69
182520-1B	7-15yrs	Tu	6 - 7:30pm	2/2 - 2/23	\$69
182520-1C	7-15yrs	Tu	6 - 7:30pm	3/1 - 3/22	\$69

JUNIOR ROUND ROBIN TOURNAMENT

Come join the competitive fun! A Saturday of competition to help raise your level of play. The format will be a Round Robin shoot out and players will compete for trophies and bragging rights. This is the perfect event for junior players ages 7-13 that are wanting to start to play matches and gain some competitive experience. If you can keep a few balls in the court from the baseline and make an occasional serve, then you're ready to play!

Tennis Anyone Inc			Edison Community Center		
182530-2A	7-13 yrs	Sa	1 - 3:30pm	1/16 - 1/16	\$25
182530-2B	7-13 yrs	Sa	1 - 3:30pm	2/13 - 2/13	\$25
182530-2C	7-13 yrs	Sa	1 - 3:30pm	3/12 - 3/12	\$25

SEMI-PRIVATE LESSONS: YOUTH BEGINNING

These groups are for 2-4 students interested in learning in a more intimate setting. Small Group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$99, 2 days for \$179.

Tennis Anyone Inc			Edison Community Center		
182601-2A	7-15 yrs	M	3:30 - 4:30pm	1/4 - 1/25	\$99
182601-2B	7-15 yrs	M	3:30 - 4:30pm	2/1 - 2/22	\$99
182601-2C	7-15 yrs	M	3:30 - 4:30pm	2/29 - 3/21	\$99
182601-2D	7-15 yrs	Sa	8 - 9am	1/9 - 1/30	\$99
182601-2E	7-15 yrs	Sa	8 - 9am	2/6 - 2/27	\$99
182601-2F	7-15 yrs	Sa	8 - 9am	3/5 - 3/26	\$99

Tennis Anyone Inc			Murdy Community Center		
182601-1A	7-15 yrs	Tu	3:30 - 4:30pm	1/5 - 1/26	\$99
182601-1B	7-15 yrs	Tu	3:30 - 4:30pm	2/2 - 2/23	\$99
182601-1C	7-15 yrs	Tu	3:30 - 4:30pm	3/1 - 3/22	\$99
182601-1D	3-6 yrs	Th	3 - 4pm	1/7 - 1/28	\$99
182601-1E	3-6 yrs	Th	3 - 4pm	2/4 - 2/25	\$99
182601-1F	3-6 yrs	Th	3 - 4pm	3/3 - 3/24	\$99
182601-1G	7-15yrs	Th	4 - 5pm	1/7 - 1/28	\$99
182601-1H	7-15yrs	Th	4 - 5pm	2/4 - 2/25	\$99
182601-1I	7-15yrs	Th	4 - 5pm	3/3 - 3/24	\$99



SEMI-PRIVATE LESSONS: YOUTH INTERMEDIATE TO ADVANCED

These groups are for 2-4 students interested in learning in a more intimate setting. Small Group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$99, 2 days a week for \$179.

Tennis Anyone Inc			Edison Community Center		
182602-2A	7-15 yrs	W	3:30 - 4:30pm	1/6 - 1/27	\$99
182602-2B	7-15 yrs	W	3:30 - 4:30pm	2/3 - 2/24	\$99
182602-2C	7-15 yrs	W	3:30 - 4:30pm	3/2 - 3/23	\$99
182602-2D	7-15 yrs	Sa	9 - 10am	1/9 - 1/30	\$99
182602-2E	7-15 yrs	Sa	9 - 10am	2/6 - 2/27	\$99
182602-2F	7-15 yrs	Sa	9 - 10am	3/5 - 3/26	\$99

Tennis Anyone Inc			Murdy Community Center		
182602-1A	7-15 yrs	Th	5 - 6pm	1/7 - 1/28	\$99
182602-1B	7-15 yrs	Th	5 - 6pm	2/4 - 2/25	\$99
182602-1C	7-15 yrs	Th	5 - 6pm	3/3 - 3/24	\$99

ADULT ACADEMY: BEGINNING TO INTERMEDIATE

The focus of the Adult Tennis Academy – Beginning to Intermediate is on learning the 4 major strokes of the game and building stroke dependability in a fun-filled, fitness-friendly atmosphere. Students will work to establish form on the forehand, backhand, volley, and serve and then put these skills to use in creative and slightly competitive tennis games unique to the Tennis Anyone program. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$69, 2 days for \$119.

Tennis Anyone Inc			Edison Community Center		
182701-2A	16 yrs +	M	7:30 - 9pm	1/4 - 1/25	\$69
182701-2B	16 yrs +	M	7:30 - 9pm	2/1 - 2/22	\$69
182701-2C	16 yrs +	M	7:30 - 9pm	2/29 - 3/21	\$69
182701-2D	16 yrs +	W	7:30 - 9pm	1/6 - 1/27	\$69
182701-2E	16 yrs +	W	7:30 - 9pm	2/3 - 2/24	\$69
182701-2F	16 yrs +	W	7:30 - 9pm	3/2 - 3/23	\$69

ADULT ACADEMY: INTERMEDIATE TO ADVANCED

The focus of this academy is on gaining higher level skills like topspin, overheads, and drop shots in a fun filled, fitness challenging atmosphere. These clinics are a terrific training ground for skills used in a match play. Be ready to sweat! Bring 1 unopened can of tennis balls to first class.

Tennis Anyone Inc			Murdy Community Center		
182710-1A	16 yrs +	Tu 7:30 - 9pm	1/5 - 1/26	\$69	
182710-1B	16 yrs +	Tu 7:30 - 9pm	2/2 - 2/23	\$69	
182710-1C	16 yrs +	Tu 7:30 - 9pm	3/1 - 3/22	\$69	

ALL AGES TENNIS JAM - INTERMEDIATE & ADVANCED

The All Ages Tennis Jam is for Intermediate and Advanced students, ages 7-adult. Students must be able to keep 6 balls in play from the baseline with proper form to be ready for this high energy tennis Jam fest. Students will be working through creative drills to build skills as well as compete in unique competitive games found only in Tennis Anyone clinics.

Tennis Anyone Inc			Edison Community Center		
182730-2A	7 yrs +	Sa 10:30am - 12pm	1/9 - 1/30	\$69	
182730-2B	7 yrs +	Sa 10:30am - 12pm	2/6 - 2/27	\$69	
182730-2C	7 yrs +	Sa 10:30am - 12pm	3/5 - 3/26	\$69	

SEMI-PRIVATE LESSONS: ADULT BEGINNING

These groups are for 2-4 students, ages 16+, interested in learning in a more intimate setting. Small group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$99, 2 days for \$179.

Tennis Anyone Inc			Edison Community Center		
182801-2A	16yrs+	W 9 - 10am	1/6 - 1/27	\$99	
182801-2B	16yrs+	W 9 - 10am	2/3 - 2/24	\$99	
182801-2C	16yrs+	W 9 - 10am	3/2 - 3/23	\$99	

Tennis Anyone Inc			Murdy Community Center		
182801-1A	16yrs+	Tu 9 - 10am	1/5 - 1/26	\$99	
182801-1B	16yrs+	Tu 9 - 10am	2/2 - 2/23	\$99	
182801-1C	16yrs+	Tu 9 - 10am	3/1 - 3/22	\$99	
182801-1D	16yrs+	Th 6:15 - 7:15pm	1/7 - 1/28	\$99	
182801-1E	16yrs+	Th 6:15 - 7:15pm	2/4 - 2/25	\$99	
182801-1F	16yrs+	Th 6:15 - 7:15pm	3/3 - 3/24	\$99	

SEMI-PRIVATE LESSONS: ADULT INTERMEDIATE TO ADVANCED

These groups are for 2-4 students, ages 16+, interested in learning in a more intimate setting. Small group students enjoy the benefit of a more focused class, where players are grouped by level and work on skills appropriate for that level. Bring 1 unopened can of tennis balls to first class. 1 day a week for \$99, 2 days for \$179.

Tennis Anyone Inc			Edison Community Center		
182810-2A	16 yrs +	M 7:30 - 8:30pm	1/4 - 1/25	\$99	
182810-2B	16 yrs +	M 7:30 - 8:30pm	2/1 - 2/22	\$99	
182810-2C	16 yrs +	M 7:30 - 8:30pm	2/29 - 3/21	\$99	
182810-2D	16 yrs +	W 7:30 - 8:30pm	1/6 - 1/27	\$99	
182810-2E	16 yrs +	W 7:30 - 8:30pm	2/3 - 2/24	\$99	
182810-2F	16yrs+	W 7:30 - 8:30pm	3/2 - 3/23	\$99	
182810-2G	16yrs+	W 10 - 11am	1/6 - 1/27	\$99	
182810-2H	16yrs+	W 10 - 11am	2/3 - 2/24	\$99	
182810-2I	16yrs+	W 10 - 11am	3/2 - 3/23	\$99	

Tennis Anyone Inc			Murdy Community Center		
182810-1A	16yrs+	Tu 10 - 11am	1/5 - 1/26	\$99	
182810-1B	16yrs+	Tu 10 - 11am	2/2 - 2/23	\$99	
182810-1C	16yrs+	Tu 10 - 11am	3/1 - 3/22	\$99	
182810-1D	16yrs+	Th 7:15 - 8:15pm	1/7 - 1/28	\$99	
182810-1E	16yrs+	Th 7:15 - 8:15pm	2/4 - 2/25	\$99	
182810-1F	16yrs+	Th 7:15 - 8:15pm	3/3 - 3/24	\$99	

PRIVATE LESSONS WITH TENNIS ANYONE

Private lesson students enjoy one on one tennis experience where the coach of their choice works individually with them to design a game plan and training routine to take their game to the next level. Students work on skills appropriate for their specific level of play. 2 lesson package for \$90, 4 lesson package for \$180. Students can talk directly to a Tennis Anyone coach to set up a time or call Tennis Anyone staff at 909-625-2060.

Tennis Anyone Inc		Murdy & Edison Community Center	
182901-1A	3 yrs +	TBA	1/4 - 3/25 \$180
182901-1B	3 yrs +	TBA	1/4 - 3/25 \$90



Parks and Recreation
provide safe places to play



FACILITIES & SERVICES

CULTURAL SERVICES

Kate Hoffman

Senior Supervisor, Cultural Services

HUNTINGTON BEACH ART CENTER

The Huntington Beach Art Center is dedicated to providing children and adults with opportunities to pursue creativity through gallery exhibitions, classes, workshops, artist talks, tours, art camps and numerous family activities. Cultural and artistic programs are funded in part by such community groups as the Art Center Foundation. Many of our programs are offered free to Huntington Beach families while others are offered at nominal fees. The Art Center is also available to rent for private parties and events.

Join Us and Make Art a Part of Your Family Life

Art Center Hours

Tuesday – Thursday, 12:00 – 8:00 pm

Friday, 12:00 – 6:00 pm

Saturday, 12:00 – 5:00 pm

Phone: (714) 374-1650; FAX: (714) 374-5304

Web: www.huntingtonbeachartcenter.org

Administrative Office Hours

Monday – Friday 8:30 am – 5:30 pm

538 Main Street

Huntington Beach, CA 92648

EXHIBITIONS WINTER 2016

CENTERED ON THE CENTER

An open call, non-juried exhibition, Centered on the Center features over 250 local and regional artists working in a variety of media. Artists are able to submit up to two works of art created in the last two years. All interested artists are invited to pick up a prospectus for guidelines to enter their work from the Art Center or from our website: www.huntingtonbeachartcenter.org. Information will be available after November 15, 2015. The art drop off weekend is January 9, 10, and 11, 2016.

Exhibition dates: January 23 - March 12, 2016

Opening Reception: Saturday, January 23, 6-9 pm

Art for Lunch: Thursday, February 11, 11:30 am-1:30 pm

Art for Lunch #2: Thursday, March 3, 11:30 am-1:30 pm

10TH ANNUAL CREATIVE VISIONS EXHIBITION

The annual exhibition of student art presents works created by students from grades K-12 representing the Huntington Beach City School District, the Huntington Beach Union High School District and the Ocean View School District. A gala celebration of performing arts will be presented at the opening reception.

Exhibition dates: March 25 - April 9, 2016

Opening Reception: March 25, 5-8 pm

BEACH INFORMATION

Scott Smith

Supervisor
Beach Operations

Dottie Hughes

Supervisor
Parking/Camping

The Huntington City Beach spans 3.5 miles from Beach Boulevard to the west of the city limits. The beachfront includes the pier, food and rental concessions, restrooms, showers, volleyball nets, fire rings, and a 2,200 space beach parking lot plus additional metered parking on Pacific Coast Highway. Sunset Vista RV Camping is open each year from October 1st through May 31st and reservations can be made online at <http://sunsetvistacamping.huntingtonbeachca.gov>. Lifeguard service is provided everyday and the number of guards on duty as well as location vary depending on season, weather, and surf conditions. The strictly enforced curfew is 10:00 p.m. – 5:00 a.m. Beach Headquarters: 103 Pacific Coast Highway. Office Hours: Monday – Friday, 8 a.m. – 5 p.m. For information, visit www.surfcity-hb.org/visitors/parking or call 714-536-5281.

THE HUNTINGTON BEACH PLAYHOUSE

The Huntington Beach Playhouse is a non-profit community theatre group coordinated and run strictly by local volunteers, performing at the 319 seat theater in the lower level of the Central Library. For information, call 714-375-0696, or like us on Facebook.



HUNTINGTON BEACH CONCERT BAND

The Huntington Beach Concert Band is a volunteer organization of approximately 70 musicians providing music to the HB community. For information, call 714-963-3681 or visit www.hbconcertband.org.

HUNTINGTON BEACH HISTORICAL SOCIETY – (NEWLAND HOUSE MUSEUM)

Built in 1898, the Newland House Museum is the city's best-preserved and most historically significant example of early homes. The Newland House Museum is open the first and third weekends of the month, Saturday and Sunday from 12:00 p.m. to 4:00 p.m., except holidays and rainy days. For membership and information, call 714-962-5777 or visit www.hbnews.us/nwhouse.html

HUNTINGTON BEACH ART LEAGUE

The Huntington Beach Art League meets on the first Wednesday of each month at the Rodgers Senior Center. For information, visit hbartleague.org, or email president@hbartleague.org.

THE INTERNATIONAL SURFING MUSEUM

The International Surfing Museum plays host to this international monument to surfing, featuring exhibits on the culture and sport of surf, and a summer concert series. For information, call 714-960-3483 or visit www.surfingmuseum.org.



HUNTINGTON BEACH COMMUNITY GARDEN



Did You Know that Huntington Beach has a Community Garden?

Imagine your kitchen full of delicious, organic produce that you grew in your own plot at the Huntington Beach Community Garden! For a low annual fee

you can have your own garden plot!

In addition to providing an area where Huntington Beach residents can grow food for their own use, HBCG donates thousands of pounds of excess harvest to local charities and educates the public on organic gardening. HBCG supports Scouting candidates and has helped several to achieve awards.

Visit the HBCG website to find out how you can become a member: www.huntingtonbeachcommunitygarden.com or e-mail HBCCommunityGarden@gmail.com. "Like" us on Facebook and learn about upcoming events, volunteer opportunities and more: <https://www.facebook.com/pages/Huntington-Beach-Community-Garden/296983062332>

SHIPLEY NATURE CENTER

Come visit Shipley Nature Center and enjoy the essence of nature in an urban setting. 17851 Goldenwest St. 714-842-4772. Open Monday-Saturday, 9 am to 1 pm.

PARENT AND ME TIME

Come enjoy stories and crafts on Wednesdays at 11:00am: Cost is \$3.00 per parent.

VOLUNTEER OPPORTUNITIES

If you are interested in volunteer work and helping your community, please consider Shipley Nature Center. Many opportunities available, from watering to leading tours, opportunities are endless. For more information about upcoming events and programs, visit us at www.shipleynature.org

HUMAN SERVICES

HUNTINGTON BEACH SENIOR SERVICES

Randy Pesqueira
Senior Supervisor
Human Services

Kristin Martinez
Supervisor
Rodgers Seniors' Center

MICHAEL E. RODGERS SENIORS' CENTER

1706 Orange Avenue, 714-536-9387; FAX 714-374-1543
Office Hours: Monday through Friday, 8:30 a.m. to 5:00 p.m.

The Michael E. Rodgers' Seniors Center is a focal point for an array of programs and services important to the quality of life for the seniors in our community. The center is a multi-purpose facility and offers opportunities for community involvement and companionship with a wide range of social, recreational, and educational programs promoting wellness. Volunteer and internship opportunities are available.

SENIORSERV LUNCH PROGRAM

SeniorServ serves a wide variety of delicious, nutritious lunches each weekday at 11:30 a.m. A donation of \$3 per meal is suggested for people 60 years of age and older. A meal cost for those under 60 years of age is \$5. For more information regarding the lunch program, call 714-536-8404.



SENIORS' OUTREACH CENTER

1718 Orange Avenue, 714-960-2478; Fax 714-374-1620
Office Hours: Monday through Friday 8:30 a.m. to 5:00 p.m.
Transportation office 714-374-1742

Seniors' Outreach, under direction of the Community Services Department since 1974, provides services aimed toward successful aging in place. Transportation, Home Delivered Meals, Care Management and other services are designed to meet the otherwise unmet physical, emotional, and nutritional needs of homebound, frail and at risk older adults living independently in Huntington Beach. Through professionally trained staff and dedicated volunteers, the center provides services, resources, information and consultation for older adults and their loved ones.

Services for residents include: Home Delivered Meals (60 years and older) - to those who qualify, 3 meals a day, Monday through Friday; Transportation (55 years and older) weekday transportation to any location within Huntington beach, the Social Security Office in Fountain Valley, and to medical appointments at Fountain Valley Regional Hospital, Orange Coast Memorial Hospital and Hoag Memorial Presbyterian Hospital. Care management (60 years and older) - information, referral, advocacy, and connection to support services.

PROJECT SELF-SUFFICIENCY

Project Self-Sufficiency is a local Huntington Beach program that assists low-income, single parents to achieve economic independence through education and training. The program is in its 30th year of helping local families in need.

The Huntington Beach community, civic organizations, businesses and public and private donors support the PSS program in a variety of ways. Project Self Sufficiency Foundation is a 501 (C)(3) organization and all contributions are tax deductible. For more information, please call 714-536-5263 or 714-536-5439 or visit our website: www.pssfoundation.org.

HUNTINGTON BEACH COUNCIL ON AGING



The Huntington Beach Council on Aging (HBCOA) is officially recognized by the City Council of Huntington Beach as representing its local senior citizens. The mission of this nonprofit corporation is to work with city staff and volunteers to enhance the dignity and quality of life for city seniors through comprehensive services, education, and advocacy aimed to empower and meet the needs of a diverse population. As the senior population continues to grow, the HBCOA will respond to the broadening needs of our senior community and advocate on their behalf.

The Executive Board meets at 9:00 a.m. on the first Thursday of each month at the Michael E Rodgers Seniors Center; and general membership meetings are held four times a year. Please help us continue our efforts by becoming a member of the HBCOA, or by making a donation. The HB Council on Aging and the seniors who benefit directly from your generosity appreciate your support of senior programs. Please call Rodgers Seniors Center at 714-536-9387 or www.hbcoa.org for additional information.

RECREATION FACILITIES

EDISON COMMUNITY CENTER

John Valinsky

Community Services Recreation Supervisor,
Edison Community Center

21377 Magnolia Street, 714-960-8870

MURDY COMMUNITY CENTER

Kaci Thol

Community Services Recreation Supervisor,
Murdy Community Center

7000 Norma Drive, 714-960-8895

CITY GYM AND POOL

Erin Burke

Community Services Recreation Supervisor,
City Gym and Pool

1600 Palm Avenue, 714-960-8884

COMMUNITY SERVICES DEPARTMENT MANAGEMENT

2000 Main Street
Huntington Beach, CA 92648-2702

Janeen Laudenback

Director of Community Services

Chris Slama

Community Services Manager

David Dominguez

Facilities, Development and Concessions Manager

HUNTINGTON CENTRAL PARK (HCP)

Huntington Central Park is the city's largest park, consisting of over 350 acres. Park entrances can be found on Edwards Street, Goldenwest Street, Gothard Street, Slater Avenue, and Talbert Avenue. The park provides a quiet retreat from the usual city turmoil. A sense of serenity is felt as one strolls amidst the trees, expansive lawns, and placid lakes and observes a variety of bird life. Additionally, the park has picnic tables, barbecues, restrooms, several playgrounds, disc golf, and six miles of trails. For information, phone 714-536-5486 or telephone numbers listed below for specific activity.

Covered Group Picnic Shelter – Seats 200 people and includes tables, barbecues, sinks, and electricity.

Amphitheater – Small rustic Amphitheater which seats 200 people and includes wooden benches, a stage, and electricity.

Band Stand – Cement Stage approximately 45'x82'

Disc Golf Course – Includes 18 holes and is played like golf using a "Frisbee."

Dog Park - Fenced free-run dog area at Edwards and Inlet. For information, phone 714-536-5672.

Youth Group Campground – Organized youth groups; no individual camping is permitted.

Food Concessions – Kathy May's Lakeside Cafe, 714-842-7700, and The Park Bench Café, 714-842-0775, are located in the park.

Equestrian Center – This 25-acre center offers boarding, riding school, training, and party rentals. For information, phone 714-848-6565.

Shipley Nature Center – 18-acre Nature Center with trails and Interpretive Center. Parking at 17851 Goldenwest Street. For information, phone 714-842-4772, www.shipleynature.org.

Urban Forest – Urban Forest- North of Ellis Avenue between Goldenwest Street and Edwards Street. This is a passive park featuring California Native plants and trees and low water flora.

SPORTS COMPLEX AT HUNTINGTON CENTRAL PARK

Ray Frankeney

Supervisor, Sports Complex

Fields – For information, phone 714-536-5230.

Batting Cages – For hours, information or reservations, please call 714-375-3960.

Food Concessions – Two food concessions conveniently located within the Sports Complex: HB Outdoor Barbeque 714-842-6255, and Stadium Club 714-847-4555.

RENTAL FACILITIES

HARBOUR VIEW CLUBHOUSE16600 Saybrook Lane

LAKE PARK CLUBHOUSE and BBQ.1035 11th Street

NEWLAND BARN19822 Beach Boulevard

These rental halls with meeting rooms also include a complete kitchen, restrooms, tables and chairs. For further information, please call 714-536-5486 or visit www.huntingtonbeachca.gov. Community Centers are also available for rental. For more information please call individual centers.

Reserve a picnic area for your special event.

Contact:

Edison Community Center:

714-960-8870 or

Murdy Community Center:

714-960-8895





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More quality time begins with good health. When you choose Hoag Medical Group®, you get access to all of Hoag. Here's your chance to have the excellent health care that you and your family deserve.

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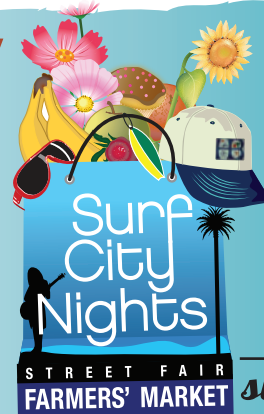
MAIN PROMENADE (ACCESS OFF 3RD ST. & OLIVE) & THE STRAND (ACCESS OFF 6TH ST.)

COMPLIMENTS OF THE CITY OF HUNTINGTON BEACH. VALID NOVEMBER 22, 2015 - DECEMBER 31, 2015 BETWEEN 9AM - 8PM.

COUPON MUST BE PRESENTED TO CASHIER UPON EXIT. GOOD FOR ONE VEHICLE, ONE TIME USE.

NOT VALID FOR VALET OR OVERNIGHT GUEST PARKING. COUPON HAS NO CASH VALUE, IS NON TRANSFERABLE. EXPIRES DECEMBER 31, 2015

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90 UNIQUE VENDORS
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LIVE MUSIC
KIDS' ACTIVITIES



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LARGEST
WEEKLY
STREET FAIR
AND
FARMERS' MARKET

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& TREATS

PHOTOS WITH
SANTA CLAUS

TREE LIGHTING AT 6PM

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WITH SANTA CLAUS

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HBDOWNTOWN.COM



H B D O W N T O W N . C O M



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Huntington Beach, CA 92648

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CA 92648
Permit #23

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Huntington Marina - 16114 Mariner Drive
Upper Level 2 BR 2 BA + DOCK for upto 26' boat
Fantastic View of Main Channel,
Wetlands, and Holiday Boat Parade!
Listed at \$775,000



622 13th Street – Downtown HB - \$1,699,900
One-of-a-kind, custom built Tuscan Style Beach Home
Too many Custom Features & Finishes to list!
3 BR + Bonus Room, 3.5 + 0.5 BA, 2,875 Asqft
New Construction, Highest Quality in Downtown Area!



6696 Montford Drive - Huntington Beach
On the Golf Course in Guard Gated Seadiff Peninsula
4 BR 4.5 BA + Retreat ~ Approx 3,500 ASqFt + 3 Car Gar.
Very Quiet Location ~ Fantastic Move-In Ready Home!
This home is truly Priced to Sell at \$2,099,900



New Construction - Done in Late Fall 2015
4 Blocks to Beach & One Block to New "Pacific City"
29 Foot Wide Lot - Nice Back Yard & Huge Sundeck
4 BR + Bonus RM – 3.5 + 0.5 BA, 3,200 Asqft
Highest Quality in Downtown Area!



Seaport I: 4591 Warner #205, Huntington Harbour
Fantastic Resort Style Gated Building just a short
stroll to the Harbour Mall & Harbour View School
3 BR 2 BA Flat with 2 balconies, 1,300 SqFt
Updated Kitchen, Slate Floors, New Carpet- \$479,900



3572 Sagamore ~ Trinidad Isl. ~ Huntington Harbour
4 BR, 3.5 BA, on CDS Street just a few steps to the
playground, little beach, and the waterfront walkway!
Boat Docks for boats 40+ feet often available to rent
3 Car Garage, New: paint, carpet, windows, & roof!



Huntington Place – 21252 Spurney Lane
5 BR – 4.5 BA – 3,900 ASqFt – Putting Green
Bonus Room – Rarely Available C-D-S lot
Spa - Large 3 Car Garage - Beach Close
Priced to Sell! \$1,339,000



Park Area Downtown HB ~ 1119 Main Street
The contemporary "Wave House" is available!
4BR + Loft, 2.5 BA ~ 2,167 ASqFt – Remodeled
Amazing Back Yard with Pool/Spa + Putting Green
3 Car Garage + RV Space, 7500 Asf lot ~ \$1,435,000



501 16th Street ~ Downtown Huntington Beach
Built in 2007 featuring 3 BR – 3.5 BA, 2,700 ASqft
Corner Lot, Middle Level Family Room
3rd Floor Bonus Room with Full Bath & Sundeck
Luxurious Upgrades and Quiet Location - \$1,499,900



Scot Campbell

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Scot.Campbell@ColdwellBanker.com

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